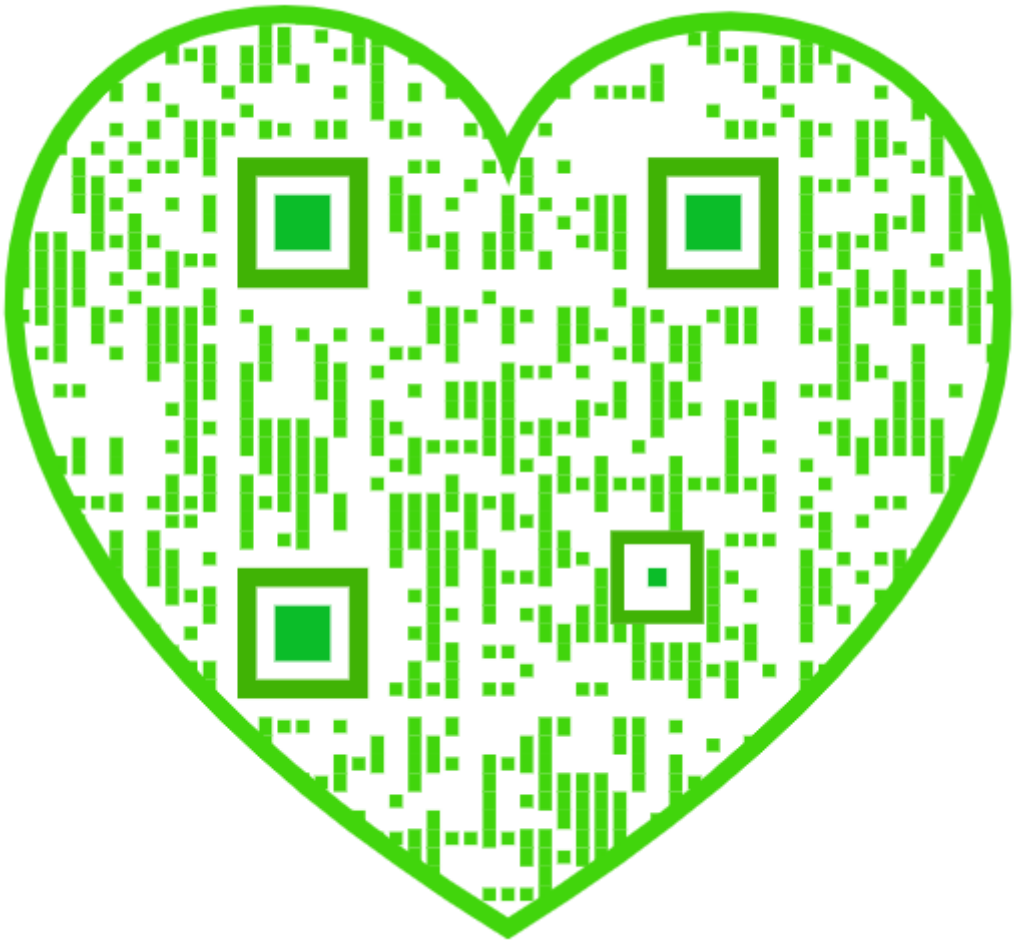

ALBERT R. MANN LIBRARY
Cornell University

Gift of
Thomas Bass

From *Home Bakings*, by Edna Evans
San Francisco, 1912.

The original of this book is in
the Cornell University Library.

There are no known copyright restrictions in
the United States on the use of the text.

http://www.archive.org/details/cu31924086681131

THE ROCKY MOUNTAIN
COOK BOOK

For High Altitude Cooking.

By CAROLINE TRASK NORTON

Graduate from the Boston School of Domestic Science.
Formerly Teacher of Cooking at the School
of Domestic Science, Denver, Colo.

This Book is adapted to cooking in both high and low altitudes. All the receipts given have been thoroughly tried by the author.

Edited and Published by
CAROLINE TRASK NORTON,
661 Humboldt St., Denver, Colo.

TX
715
N88x
1903

COPYRIGHT, 1903,
BY CAROLINE TRASK NORTON.

THE W. F. ROBINSON PRINTING CO.,
DENVER, COLO.

This book is dedicated to my Denver friends, whose words of encouragement and appreciation have so greatly aided me during my two years of work with them.

PREFACE.

Knowing the difficulty of most people in this high altitude to find their cooking always satisfactory, the author has endeavored to give them in this book the benefit obtained from teaching and housekeeping in Denver, making high altitude cooking a special study. The greatest difference between sea level cooking and here is in the cakes. Most of the sea level receipts can be used here by adding another egg to them, that gives a delicious, moist, rich cake.

Water boils at sea level at 212°. In Denver, where the air is much lighter, it boils at 202°; therefore, it does not reach as great a heat here, so vegetables or anything boiled requires a little longer cooking.

The luscious Boston baked beans can be cooked equally as good here if soaked twelve hours before parboiling. The author has endeavored to make her receipts practical, wholesome, and easily followed by the most inexperienced cooks. She has not attempted giving much information on chemistry and food values, leaving that for the cooking schools that are becoming such a necessity all over the country. No girl's education is complete without such a course. Girls should not take upon themselves the most important position in life without a thorough knowledge of its requirements. Such a knowledge will enable them to feed their families intelligently, inexpensively, and to give them the variety that the system requires.

Food for invalids should be selected and cooked with the greatest care. At the end of the book are given a few receipts that can be used for invalids. Scientific cooking should fill an important part in the training of a nurse.

The desire of the author will be obtained if the book proves helpful to all who use it and inspires them with the wish for more knowledge in the art of cooking.

PREFACE

To the Second Edition of the Rocky Mountain Cook Book.

The second edition of the Rocky Mountain Cook Book has been wholly revised and many new receipts added.

The Author is pleased to find that the book has met with such favor in its province of **high altitude cooking** as to warrant a second edition.

GENERAL RULES.

Be correct in measurements for perfect results.

All measurements level excepting baking powder, which is measured rounding with the side of the can.

Sift flour before measuring.

Use a standard measuring cup.

Scald milk over hot water.

Cook vegetables in freshly boiled salted water.

To butter crumbs—one tablespoonful of melted butter mixed with two tablespoonfuls of crumbs.

To get the juice from onions, cut across the grain, cutting in halves and grate.

CARAMEL.—Caramel is used for sauce and to color soups and sauces. The flavor depends upon the degree to which the sugar is cooked. Put one cupful of granulated sugar in a sauce pan, stir until the sugar has melted and turned brown, then add three-fourths cup of hot water; let it cook slowly until the sugar has dissolved and cooked to a thin syrup.

TABLE OF CONTENTS.

	Page
Breads	5
Breads with Baking Powder	12
Griddle Cakes	18
Cereals	21
Soups	22
Cream Soups	31
Summer Soups	38
Fruit Soups	38
Fish	40
Shell Fish	47
Lobsters	53
Meats	56
Pork	66
Mutton and Lamb	70
Veal	74
Poultry	81
Game	95
Entrees	100
Fritters	122
Vegetables	125
Sauces	149
Puddings and Ice Cream Sauces	160
Cheese Dishes	166
Salads	169
Eggs	191
Sandwiches	201
Canapes	207
Pastry	210
Hot Puddings	219
Cold Desserts	236
Frozen Desserts	253
Sherbets	254

	Page
Punches	257
Ice Creams	259
Sauces for Ice Cream	265
Mousses	267
Parfaits	268
Cakes	273
Fillings for Layer Cake	290
Icings for Cakes	293
Gingerbread, Doughnuts, Cookies and Cream Puffs	296
Compotes, Preserving, Jellies and Pickles	300
Preserving	301
Canning	304
Jams or Marmalades	305
Jellies	306
Pickles	308
Candies	314
Beverages	319
Invalid Cookery	326

BREADS.

All measurements level, with the exception of baking powder, which is measured rounding with the side of the can. Sift flour before measuring.

One-half the amount of yeast can be used in the following receipts if preferred, allowing more time. In all of the receipts given for bread or rolls with the amount of yeast used the bread or rolls can be started in the morning and finished by noon.

MILK BREAD.

2 cups of milk (scalded).
1 cake of compressed yeast, dissolved in half a cup of lukewarm water.
2 teaspoonfuls salt.
1 tablespoonful of sugar.
Flour enough to make a stiff dough—6 or 7 cups.

Pour the hot milk over the sugar and salt. When cool add the dissolved yeast cake, then with a knife cut in the flour and knead for twenty minutes. Put in a warm place to rise. When risen twice the bulk, cut down and let rise again. Make out in two loaves and a pan of biscuits, rise double the bulk in the pan. Bake the bread forty-five minutes.

MILK BREAD (With Sponge).

Pour two cups of scalded milk onto one tablespoonful of sugar, two teaspoonfuls of salt. When cool add one yeast cake dissolved in one-half cup of lukewarm water. Stir in three cups of flour, beat well. Let rise until light and bubbly, about an hour, then add enough flour to knead, and knead twenty minutes. Let rise and bake the same as milk bread.

WATER BREAD.

2 tablespoonfuls butter.
2 teaspoonfuls salt.
1 tablespoonful sugar.
2 cups boiling water.
1 yeast cake.

Put butter, sugar and salt in mixing bowl, add the boiling water; when cool dissolve the yeast cake, then cut in enough flour to knead. Knead and let rise the same as directed for milk bread.

CHEESE BREAD.

Stir one cup of grated cheese in a sponge for two loaves of bread, mix and make the same as any of the above rules for bread.

WALNUT BREAD.

Stir one cup of chopped walnuts in a sponge for two loaves of bread, and proceed as above. Either of these two breads are good to serve with salads or Dutch luncheon.

WHOLE WHEAT BREAD.

2 cups of milk scalded.
1 tablespoonful sugar.
2 teaspoonfuls salt.
1 yeast cake.
1 cup white flour.
5 or 6 cups of whole wheat flour, or enough to knead.

Make the same as milk bread with sponge.

GRAHAM BREAD.

Make the same as whole wheat bread, using one cup of flour and the rest graham.

Graham is not nearly as nutritious as whole wheat.

RYE BREAD.

Rye bread may be made the same as whole wheat, using two tablespoonfuls of molasses in place of the sugar, if preferred.

ROLLED OATS BREAD.

Pour two cups of scalded milk over two cups of rolled oats, two tablespoonfuls of molasses, one teaspoonful of salt, and one teaspoonful of butter. Dissolve one yeast cake in half a cup of lukewarm water. When cool add the yeast and flour, enough so the dough will drop from the spoon. Let rise double the size, cut down and let rise again the same; then put in small pans, let rise slowly twice the size, and bake for forty-five minutes.

PARKER HOUSE ROLLS.

2 cups scalded milk.
4 tablespoonfuls butter.
2 teaspoonfuls salt.
2 tablespoonfuls sugar.
1 yeast cake.

Pour the hot milk over the sugar, salt and butter. When cool, add yeast cake that has been dissolved in one-half cup of lukewarm water, then beat in thoroughly three cups of flour. Let rise until light and bubbly, then add flour enough to knead. Knead about ten minutes. Let rise twice the bulk. Shape the rolls. Let rise in the pan twice the size. Bake in a quick oven fifteen minutes.

BREAD STICKS.

Make the same as Parker House rolls. Mould in small balls, then roll under the hand, on the board,

in thin sticks about six inches long. Let rise slowly, placing them in the pan one inch apart. Bake in a slow oven that they may dry before browning. Serve with soups or salads.

CINNAMON ROLLS.

Make the same as Parker House rolls. Roll the dough one-half inch thick, spread with a thin layer of melted butter, cinnamon and currants. Roll up like jelly roll. Cut in slices an inch thick, place them on a well-greased pan one inch apart, sprinkle the top with a little powdered sugar. Let rise in the pans twice the size. Bake in a quick oven fifteen minutes.

Parker House dough can be made in braids, crescents or rolled and cut the same as for cinnamon rolls, without the spice, sugar and currants.

To Make Crescents.—Roll the dough until only an eighth of an inch thick. Cut in pieces about four inches square, and then into triangles. Hold the apex of the triangle in the right hand, roll the edge next to the left hand over and over towards the right, stretch the point and bring it over and under the roll. Bend the ends of the roll around like a horseshoe. Let rise twice the size. Bake in a quick oven.

BUNNS.

1 cup scalded milk.
3 tablespoonfuls sugar.
2 tablespoonfuls butter.
1 teaspoonful salt.
1 egg.
1 yeast cake.
2 cups of flour.

Pour the hot milk over the salt, sugar and butter. When cool add the yeast that has been dissolved in one-half cup of lukewarm water, and the egg well

beaten. Beat in the flour, let rise about two hours, then cut in flour enough to make a stiff dough with one-half cup of well washed currants and one teaspoonful of cinnamon. Let rise again twice the size. Shape in small balls, place on buttered pan. When well risen bake in a quick oven fifteen minutes. Brush over with milk just before taking from the oven.

SQUASH BREAD.

1 cup squash, stewed and sifted.
1 tablespoonful sugar.
1½ cups scalded milk.
1 teaspoonful salt.
1 teaspoonful butter.
1 yeast cake.
Flour enough to knead.

Mix the sugar and salt and squash, add butter and hot milk. When cool add yeast cake that has been dissolved in one-half cup of warm water. Add flour. Knead twenty minutes. Let rise until light, shape in loaves, let rise and bake.

CORN MEAL BREAD.

Make the same as for any of the white bread receipts, using one cup of corn meal with the white flour.

FRENCH ROLLS.

Soften one yeast cake in half a cup of lukewarm water. Stir in flour enough to make a stiff dough. Knead and shape into a ball, score on the top in two parallel cuts. Put the dough in a bowl of lukewarm water, the cuts upward, and set aside in a warm place. In a few minutes the ball will swell and float, then remove to a pint of lukewarm water in which one-fourth cup of butter has been melted. Add two tea-

spoonfuls of salt and flour to make a stiff dough, knead fifteen minutes. Set aside until it has risen twice the bulk, then shape in rolls. Take a small ball of the dough, roll under the hand to give an oblong shape with pointed ends. Set some distance apart on the baking pan and let rise to double the bulk. Score the tops diagonally with a sharp knife. When nearly baked brush over the tops with milk. Return to the oven to finish baking.

BEATEN BISCUIT.

4 cups flour.
¼ cup lard.
½ teaspoonful salt.
1 cup cold water.

Rub lard and salt in the flour and mix with the water to a stiff dough. Knead ten minutes, then beat hard with a rolling pin or beater, turning it over and over until it begins to blister and is light and puffy. Then cut with a small biscuit cutter, place some distance apart on the pan, prick with a fork. Bake in a hot oven twenty minutes.

GERMAN COFFEE CAKE.

Dissolve one yeast cake in one-half cup warm water, add it to one cup of scalded and cooled milk, with flour enough to make a stiff batter. Let rise. When light and bubbly add one-third cup melted butter, one-fourth cup sugar, one-half teaspoonful salt, one egg, well beaten, grating of lemon rind and flour to make a stiff batter. Beat well. Let rise twice the bulk, then spread in a dripping pan, cover and let rise again. When risen, brush over with beaten egg and dust with sugar and cinnamon mixed. Bake in a hot oven twenty minutes.

RUSKS.

1 cup scalded milk.
2 tablespoonfuls butter.
2 tablespoonfuls sugar.
2 eggs.
1 yeast cake.
½ teaspoonful salt.
Flour.

Make a sponge of the milk, salt and yeast that has been dissolved in half a cup of warm water. Add flour enough to make a pour batter. When it is light and full of bubbles, add the butter, sugar and well beaten eggs. Stir in enough flour to make a stiff dough. Knead it twenty minutes. Let it rise to double the bulk. Then mould with the hands into oblong biscuits the shape of an egg. Place them in the baking pan near together, let rise double the bulk. When ready for the oven brush over the top with milk and sprinkle sugar over them, if liked sweet. Bake in a hot oven about twenty minutes.

ZWIEBACK.

Make the receipt for rusks in one large loaf the same shape as the rusks, or two loaves can be made from it, if liked small. Rise and bake well. When cold, cut in half-inch slices and dry them in a very slow oven, until dried through and of a deep yellow.

BREADS WITH BAKING POWDER.

All measurements level, with the exception of baking powder, which is measured rounding with the side of the can. Sift flour before measuring.

BAKING POWDER BISCUITS.

2 cups white flour.
½ teaspoonful salt.
2 teaspoonfuls baking powder.
2 tablespoonfuls butter. (Lard can be used if wished.)
Milk to make a soft dough.

Sift flour, salt, baking powder together, rub in the butter, add the milk gradually, cutting it in with a knife. Turn onto a well-floured board, knead it quickly to get in shape. Roll out half an inch thick. Cut in biscuits and bake in a hot oven at once.

ENTIRE WHEAT BISCUITS.

Make the same as baking powder biscuits, using the entire wheat flour with one-third white flour.

CREAM SCONES.

2 cups flour.
2 teaspoonfuls baking powder.
¼ teaspoonful salt.
2 tablespoonfuls butter.
2 eggs.
⅓ cup cream.

Sift dry materials together, work in the butter with the fingers, beat eggs well and add to the cream. Stir this into the dry materials and butter. Roll out three-fourths inch thick. Cut in diamond shape; brush over with white of egg, slightly beaten, sprinkle with powdered sugar. Bake ten minutes in hot oven.

SHORT CAKE.

4 cups flour.
3 teaspoonfuls baking powder.
½ tablespoonful salt.
8 tablespoonfuls butter.
Milk enough to roll out.

Sift dry materials together, mix in the butter with the fingers, then add milk gradually. Do not use more flour than necessary to roll. Divide the dough in halves. Roll out one-half inch thick, place one-half in buttered pan, spread over with melted butter, place the other half on top of it and bake twenty minutes in hot oven. Remove from pan. Take top layer off. Butter the inside well of both layers. Cover the bottom layer thickly with crushed sweetened fruit and a layer of whipped cream. Place the other layer on top. Cover the top with whipped cream, colored with the fruit juice if liked, or fruit sprinkled over the top. Serve while warm.

CREAM MUFFINS.

2 cups flour.
½ teaspoonful salt.
2 teaspoonfuls baking powder.
1 cup cream.
2 eggs, beaten separately.

Mix in order given, sifting dry materials together. Add cream and yolks well beaten, then fold in the whites stiffly beaten. Bake in gem pans to serve at once.

ENGLISH MUFFINS.

Beat two eggs very light, add one teaspoonful of salt and two tablespoonfuls of softened butter, one tablespoonful of sugar, one cup of warm milk, and one-half yeast cake dissolved in one-half cup of warm

water; stir in enough flour to make a stiff batter, beat thoroughly and let stand over night in a cool place.

In the morning beat thoroughly again, turn into well-buttered muffin pans and let rise slowly for one hour, then bake about twenty minutes.

RICE MUFFINS.

½ cup well-cooked rice.
1½ cups white flour.
2 teaspoonfuls baking powder.
¼ teaspoonful salt.
1 tablespoonful sugar.
1 tablespoonful melted butter.
1 cup milk.
2 eggs.

Sift flour, salt, sugar and baking powder together, then add rice, well beaten eggs, milk and butter. Bake in muffin pans for twenty minutes.

MUFFINS.

2 cups flour.
2 teaspoonfuls baking powder.
¼ teaspoonful salt.
1 teaspoonful sugar.
1 tablespoonful melted butter.
1 egg.
1 cup milk. – 3/4 cup.

Sift flour, salt, sugar and baking powder together. Stir in the beaten egg, milk and melted butter. Bake in hot gem pans ten or fifteen minutes.

Rye Muffins.—Can be made the same, using one cup and a half of rye and one-half cup of white flour.

Entire Wheat Muffins.—Made the same as muffins, using one cup and a half of entire wheat and one-half cup of white flour.

Graham Muffins.—Make the same as muffins, using one and one-half cups graham to one-half cup of white flour.

POP-OVERS (For Colorado Altitude).

1 cup milk.
1 cup flour.
3 eggs.
½ teaspoonful salt.
These can be made with one egg at low altitude.

Mix the salt with the flour. Beat the yolks well and add to the milk; then add slowly to the flour to make the batter smooth; then fold in the whites that have been beaten stiff. Fill the hot greased gem pans half full. Bake at once in a hot oven for thirty minutes.

DATE GEMS.

Beat two eggs very light, add one cup of milk, one-half cup of finely chopped dates, one cup of whole wheat flour and one-half cup of white flour sifted, with one teaspoonful of baking powder, a little salt, a tablespoonful melted butter; beat thoroughly; bake in hot gem pans in hot oven for about fifteen minutes.

SALLY LUNNS.

2 cups flour.
2 teaspoonfuls baking powder.
¼ teaspoonful salt.
2 eggs, beaten separately.
¾ cup milk.
½ cup melted butter.

Mix flour, baking powder and salt. Add the beaten yolks and melted butter; then add the stiffly beaten whites. Fill the muffin rings half full and bake ten minutes in hot oven. If liked sweet, add two tablespoonfuls of sugar to the flour.

CORN CAKE.

1½ cups flour.
¼ teaspoonful salt.
1 cup yellow corn meal.
2 tablespoonfuls sugar.
2 tablespoonfuls butter.
2 teaspoonfuls bakng powder.
2 eggs, beaten separately.
1½ cups milk.

Cream, butter and sugar together. Sift meal, flour, salt and baking powder together; add to them the creamed sugar and butter, beaten yolks. Mix well. Add milk slowly, and lastly whites beaten stiff. Bake in muffin rings or in a pan in hot oven.

CORN CAKE (Mrs. Lincoln).

1 cup corn meal.
½ cup flour.
¼ teaspoonful salt.
2 teaspoonfuls baking powder.
1 tablespoonful melted butter.
1 tablespoonful sugar.
Yolks of two eggs, white of one.
1¼ cups milk.

Bake in a brick loaf bread pan half an hour.

SPIDER CORN CAKE (Miss Parloa).

¾ cup corn meal.
Flour to fill the cup.
1 tablespoonful sugar.
½ teaspoonful salt.
¼ teaspoonful soda.
1 egg.
1 cup sweet milk.
½ cup sour milk.
1 tablespoonful butter.

Mix together the meal, flour, salt and soda. Add the beaten egg. Add half the sweet milk and all the sour milk. Melt the butter in a hot spider or shallow round pan and pour the mixture into it. Pour the other half of the mixture over the top, but do not stir it. Bake twenty minutes in hot oven.

CORN MEAL MUSH.

Put one quart of water on to boil with one teaspoonful salt. Sift together one cup of corn meal and two tablespoonfuls flour. Stir this gradually in the boiling water. Let it cook hard for five minutes, stirring all the time. Then place in the double boiler and cook for two hours. Eat hot or pour in a pan. When cold cut in half-inch slices, dip in flour and brown each side in hot butter. If lumpy beat with Dover beater.

PARKER HOUSE CORN MEAL GEMS.

Sift together one cup of flour, one cup of yellow corn meal, two teaspoonfuls baking powder, one-half teaspoonful of salt. Cream one-fourth cup of butter. Add gradually half a cup of sugar, then three well beaten eggs and one cup of milk. Bake in buttered gem pans in a quick oven.

SPOON BREAD.

Sift together one cup of yellow or white corn meal, half a teaspoonful of salt and two teaspoonfuls of baking powder. Beat two eggs very light and stir into the dry ingredients with one quart of sweet milk. Turn the mixture into a well buttered baking-dish holding three pints, add two tablespoonfuls of butter cut in small pieces. Bake in a hot oven about one-half hour. Stir often until the bread begins to thicken. Serve with a spoon from the dish in which it is baked. Eat with butter. A good breakfast or luncheon dish.

BOSTON BROWN BREAD.

Very Fine.

1 cup corn meal.
1 cup rye meal.
1 cup entire wheat or white flour.
½ cup molasses.
½ teaspoonful soda.
2 cups milk.
1 teaspoonful baking powder.

Mix in order given, dissolve soda in molasses. Steam three hours.

SOUR MILK BROWN BREAD (Mrs. Lincoln).

1 cup corn meal.
1 cup rye meal.
1 cup graham flour.
1 teaspoonful salt.
1 teaspoonful soda.
2 cups sour milk.

Mix in order given, dissolve the soda in the milk, add more milk or water if not thin enough to pour. Steam three hours. One-half cup raisins can be added to, or any receipt for brown bread. Then it is called a plum loaf.

GRIDDLE CAKES.

1¼ cups flour.
1½ teaspoonfuls baking powder.
¼ teaspoonful salt.
1 tablespoonful sugar.
1 well-beaten egg.
1 cup milk.

Sift all the dry materials together. Add milk and egg.

CORN MEAL GRIDDLE CAKES.

Made the same as griddle cakes, using one-half cup of corn meal and the rest white flour. Pour the milk hot over the corn meal. When cool add the other ingredients.

ENTIRE WHEAT GRIDDLE CAKES.

Make the same as griddle cakes, using one cup of the entire wheat flour to one-quarter cup of white flour.

FLANNEL CAKES.

1 tablespoonful butter.
1 tablespoonful sugar.
¼ teaspoonful salt.
2 eggs, beaten separately.
1½ cups milk.
1 teaspoonful baking powder.
1¾ cups flour.

Sift dry materials. Cream butter and sugar. Add milk and yolks well beaten, lastly the stiffly beaten whites.

RICE GRIDDLE CAKES.

1 cup milk.
½ cup well-cooked rice.
½ teaspoonful salt.
1 teaspoonful baking powder.
1 egg.
1 teaspoonful sugar.

Flour enough to make a thin batter, or thick enough to fry well.

PANCAKES.

Fry several large griddle cakes as large as a good sized platter. Pile one on top of the other, well buttered. Cut down like a pie.

WAFFLES (Mrs. Lincoln).

2 cups flour.
1 teaspoonful baking powder.
½ teaspoonful salt.
3 eggs.
1¼ cups milk.
1 tablespoonful sugar.
1 tablespoonful melted butter.

Sift dry materials together, add the beaten yolks with the milk, then melted butter and the stiffly beaten whites.

LEMON SYRUP (Serve with Waffles).

1 cup sugar.
½ cup water.
1 tablespoonful butter.
1 tablespoonful lemon juice.

Boil the sugar and water until it is a thin syrup, then add butter and lemon juice.

CEREALS.

Cereals contain a large per cent of starch, so should have a rapid cooking in boiling water for a few minutes when first started. Then they may be put inside the double boiler to continue to cook more slowly. Care should be taken that the cereal does not stick to the dish when it is having its first hard boiling.

TO BOIL RICE.

Wash thoroughly one-half cup of rice. Have two quarts of water boiling hard in the kettle, with one teaspoonful of salt. Throw in the rice and allow to boil rapidly without a cover until tender, then drain through a colander. Put on the stove to dry, lifting the rice apart to allow the steam to escape. Rice that is cooked in this way will have every kernel separate.

STEAMED RICE.

Put in double boiler two and one-half cups of milk or water or a part of each. Add to it one-quarter teaspoonful salt, set the inside of the boiler on top of the stove. When it comes to a boil add one-half cup well washed rice. Let it boil hard for five minutes. Then replace it in the double boiler, and let cook until soft. The time of cooking depends on the age of the rice.

SOUPS.

GENERAL RULES FOR SOUP STOCK.

Meat and bones for soup stock should be allowed to soak in cold water fully one hour before putting on the stove, to extract the juices. Soup stock should simmer on the back of the stove and not boil hard. The meat should be cut in small pieces and washed clean. Soup meat, when cooked, has no nutrition left in it. If properly made, the goodness of the meat is in the stock.

Use one quart of cold water to every pound of meat and bones. Add seasoning in the following proportions:

For every quart of water, one even teaspoonful of salt, three peppercorns, or a little ground pepper, two cloves, a celery root or the outside stalk, a sprig of parsley, a tablespoonful each of onion, carrot and turnip, a part of a bay leaf, a pinch of sage, summer savory, thyme and marjoram. It is not necessary to have all the herbs. A very nice flavored soup can be made with the vegetables alone.

If you wish to have a dark-brown stock, reserve part of the lean meat and part of the vegetables, and brown them in a little fat taken from the meat. A tablespoonful of browned sugar or caramel will also give a brown color to the stock. Do not remove the scum from the soup while it is cooking, as that is the albumen of the meat. As soon as the soup is done strain at once and set aside until cold and the fat has formed a cake on top. Remove the fat and reheat.

Soup stock should cook from six to eight hours.

Whole rice is sometimes served in a white soup. Boil the rice until tender then add to the soup.

CARAMEL FOR COLORING SOUPS AND GRAVIES.

Melt one cup of sugar with two tablespoonfuls of water in a sauce pan. Stir until it is a dark brown color. Add one cup of boiling water, let simmer for fifteen minutes. Bottle for use, when cool.

TO CLEAR SOUP STOCK.

Remove the fat. Allow the white of an egg to every quart of stock. Mix the beaten white with the cold stock. Set on the fire, stirring all the time until it reaches the boiling point, then let it boil without stirring for ten minutes, then draw it on the back of the stove and add one-half cup cold water. Let it stand for ten minutes, then strain through a cheese cloth and colander.

GARNISHES FOR SOUPS.

Croutons.—Cut stale bread into cubes and brown in butter in an omelet pan, or butter first, cut in cubes and brown in the oven. Serve with thick soups.

Egg Balls.—Rub to a paste with a wooden spoon the yolks of hard-boiled eggs. Season with salt, pepper or paprica and melted butter, add enough raw yolk or white to mould them. Roll them in white of egg, slightly beaten, and dip in flour. Have them about one-half the size of a yolk. Fry them in butter. Serve one to each person. Put the balls in the turcen and add the soup.

Marrow Balls.—Melt a tablespoonful of the marrow, beat it until creamy, then add to it a well-beaten egg and a little salt and pepper and as much soft bread crumbs as it will take. Mould in little balls and cook them in boiling water for ten minutes. Place them in the tureen first before serving.

Noodles.—Two eggs slightly beaten, mix with them two tablespoonfuls of water, one-quarter teaspoonful of salt and enough flour to make a stiff dough. Knead it well for fifteen minutes, then cut off small pieces at a time and roll them as thin as wafers. When very thin sprinkle with flour and roll into a tight roll, cut from the end into thin slices or threads for the soup. Let them dry in a slightly warm oven for an hour. These can be cut before rolling into fancy shapes with the vegetable cutter. Before serving put them in boiling salted water and let them boil for fifteen minutes. Serve in thin soups.

Lemon cut in thin slices is served, a slice to each person.

Macaroni, Spaghetti and Vermicelli is broken in three or four-inch lengths and put on to cook in boiling salted water until tender, then remove from the water in a colander; let the cold water run through. Place on a board and cut in one-inch pieces. If the large-size macaroni is used, cut into one-fourth inch pieces, thus forming rings. Put in the tureen just before serving.

ROYALE CUSTARD TO SERVE WITH CONSOMMÉ.

2 yolks.
1 egg.
¼ teaspoonful salt.
Little pepper.
½ cup beef stock.

Beat the eggs slightly or until well mixed, add the seasonings and the clear stock. Pour into a dish

so it will be about one inch thick. Set it in a pan of hot water and place in a moderate oven until it is firm. Do not let it brown on top. When cold cut it into cubes or into fancy shapes with the cutter. Place carefully in the tureen after the soup is in it. Allow four or five pieces to each person.

FORCE MEAT BALLS.

Chop any cooked meat very fine, season highly with onion, lemon juice, salt and pepper, add enough yolk to hold them together. Mould in little balls, roll them in egg and flour, fry them in butter. Serve in the soup.

Grated cheese may be passed with the soup.

Butter crackers and brown them in the oven. Pass with soup.

Serve pop corn with any kind of soup.

BROWN SOUP STOCK.

3 lbs. shin of beef.
3 quarts cold water.
9 peppercorns.
5 cloves.
3 teaspoonfuls salt.
1 good-sized onion.
1 good-sized carrot, or 2 small ones.
1 turnip.
3 sprigs of parsley.
Celery root or stalks and herbs, if you like.

Put half the meat and the bones in the water, brown the rest of the meat and vegetables and add them.

WHITE STOCK.

3 lbs. knuckle of veal, or one fowl.
Herbs.
3 teaspoonfuls salt.
Peppercorns.
1 onion.
2 celery roots or 4 stalks.
1 turnip.
1 good-sized carrot.
3 quarts water.

WHITE SOUP.

Three tablespoonfuls of butter and flour. Melt the butter and stir into it the flour. Add slowly one quart of the white stock and one pint of cream. Season to taste.

CONSOMMÉ.

2 lbs. shin of beef.
2 lbs. knuckle of veal or a small fowl or hen.
3 quarts of water.
A slice of lean ham.
6 peppercorns.
4 cloves.
1 tablespoonful salt.
2 onions.
2 carrots.
1 turnip.
2 roots of celery.
3 sprigs parsley.

Brown half the meat and the vegetables, simmer for eight hours. Strain. When cold remove the fat and clear. Add lemon juice and thinly shaven rind when ready to serve.

JULIENNE SOUP.

Julienne soup is made by adding to the plain consomme stock, vegetables cut in thin strings or fancy shapes. Add salt and hot water to the vegetables. Cook until tender, then add to the stock and serve.

MACARONI OR VERMICELLI SOUP.

Cook the macaroni or vermicelli in boiling salted water until tender, drain, pour cold water over it, then lay the sticks close together. Cut in inch pieces and add to a plain soup stock.

BOUILLON.

4 lbs. beef from the round.
2 lbs. bone.
3 quarts water.
1 tablespoonful salt.
6 peppercorns.
3 cloves.
1 bay leaf.
1 celery root.
1 teaspoonful mixed herbs.

Boil down to two quarts, then remove the fat and clear. Add more seasoning if desired.

TOMATO SOUP.

1 quart of stock.
1 can tomatoes.
1 teaspoonful sugar.
Salt and pepper to taste.
1 tablespoonful flour.

Add the tomato, sugar, salt and pepper to the stock, let it cook one hour. With cold water make a thickening of the flour and add that, cook ten minutes. Strain through a fine sieve. Just before serving add one-half cup of cream, if liked. This is a great improvement.

VEGETABLE SOUP.

1 quart of stock.
1 pint of boiling water.
½ cup each of chopped onion, carrot, turnip and cabbage.
½ cup cooked and strained tomato
1 teaspoonful chopped parsley.
1 teaspoonful salt and a little pepper.

Cook the vegetables in the stock until tender, or the vegetables can first be cooked in boiling salted water and then added.

MOCK TURTLE SOUP.

Clean a calf's head thoroughly, cut in several pieces, then soak an hour in cold water. Drain off the water, add four quarts of cold water and a tablespoonful salt and cook slowly until the meat slips from the bones. Remove the meat, but let the bones remain, then add

5 cloves.
8 peppercorns.
5 allspice.
2 onions, sliced.
2 carrots, sliced.
1 turnip, sliced.
3 celery roots.
1 tablespoonful herbs.
Inch of stick cinnamon.

Let simmer for two hours, strain and set away until cold. Before serving, remove the fat and for every quart of stock, brown one tablespoonful of butter; when brown add one tablespoonful of flour, and gradually the stock. Season with salt and pepper if required. Cut in small dice one-half cup of the cooked meat to every quart and add to the stock with slices of hard-boiled egg or the yolk of egg made in little balls, the juice of half a lemon and thin slices of the rind, two tablespoonfuls of sherry. This can be omitted, if desired.

OX-TAIL SOUP.

2 ox tails.
1 onion.
1 tablespoonful beef or salt pork drippings.
4 quarts water.
1 tablespoonful salt.
6 peppercorns.
4 cloves.
2 roots celery.
2 teaspoonfuls chopped parsley.
1 tablespoonful mixed herbs.

Wash and cut the ox tail at the joints. Heat the fat and sautè the onion and half of the tail in the fat. Put all in the soup kettle with the water. When it comes to a boil add the seasoning and vegetables. Cook for six hours slowly. Strain, saving out some of the pieces of meat. When ready to serve remove the fat, reheat and season more if necessary. Add small pieces of meat and serve one or two to each serving.

MULLAGATAWNY SOUP.

3 lbs. chicken or fowl.
Knuckle of veal.
3 cloves.
8 peppercorns.
3 sour apples, medium size.
Juice of a lemon.
1 tablespoonful salt.
1 tablespoonful curry powder.
1 tablespoonful sugar.
4 quarts water.
1 tablespoonful of well-cooked rice.

Make the same as for soup stock. When tender strain, leaving small pieces of the meat in the soup. Reheat, add more seasoning, if desired, the rice and pieces of meat.

BLACK BEAN SOUP.

2 cupfuls black beans.
1 quart soup stock.
1 tablespoonful butter and flour.
1 sprig parsley.
1 celery root.
½ bay leaf.
3 peppercorns.
1 clove.
½ onion.

Soak the beans over night, drain off the water, add the seasonings tied together in a cheese cloth, cover with cold water and boil slowly until tender, adding water when needed. When the beans are soft, remove the seasonings and pass the beans through a sieve, mashing them through with a spoon. Then add the stock to them. Melt the butter, stir into it the flour and gradually stir into the stock. Season with salt and pepper. Put in the tureen just before the soup is added two tablespoonfuls sherry wine, thin slice of lemon, egg balls and the white of egg cut in dice.

CLAM BOUILLON.

Wash clean two quarts of clams (in the shell), cover with boiling water, let boil for twenty minutes, strain, let the bouillon settle, strain again, reheat, sea-

son with pepper and salt. Serve in bouillon cups with whipped cream on top. A few of the clams can be chopped fine and added to the bouillon.

SCOTCH BROTH.

2 lbs. mutton (neck).
2 quarts water.
¼ cup each of carrot, turnip and a small onion.
2 celery stalks, cut fine.
2 teaspoonfuls salt.
¼ teaspoonful white pepper.
2 tablespoonfuls barley.

Soak the barley over night. Remove the fat and skin from the mutton. Cut the meat from the bones and into small pieces. Put the bones on to boil in one pint of cold water and the meat on in three pints of cold water. When it boils up add the barley and water. Cut the vegetables in dice and fry for five minutes in two tablespoonfuls of butter and add to the meat. Cook slowly for four hours. Strain the bones from the water and add it to the meat with the salt and pepper.

MUTTON BROTH.

Get a piece from the neck or shoulder. For every pound of meat and bones add a quart of water. Simmer for five hours very slowly. (A small onion may be added). Strain when cold, remove the fat, season with salt and pepper and add some well cooked rice and serve.

CHICKEN BROTH.

Remove the skin and fat from the chicken. Cut at the joints and make the same as mutton broth.

CREAM SOUPS.

Part cream may be used instead of all milk, making a much richer soup, or a little whipped cream may be added when served.

OYSTER SOUP.

1 pint of milk.
1 pint of oysters.
4 teaspoonfuls flour.
4 tablespoonfuls butter.
Salt and pepper to taste.

Put on the milk in the double boiler to scald. Melt the butter and stir the flour into it. When the milk has scalded, stir the butter and flour into it, stirring until it is smooth. Cook for ten minutes. Wash and pick over the oysters, put them on to cook in their own liquor. Cook until they begin to grow plump and the edges curl. Put them at once in the thickened milk and season. Serve. It should not be seasoned until the oysters are added, as some oysters are more salty than others.

POTATO SOUP.

1 pint milk.
1 cup mashed potato.
½ teaspoonful salt.
1 teaspoonful flour.
Pepper to taste.
2 tablespoonfuls butter.
1 onion.

Put the milk on to scald in the double boiler. When scalded add the potato, cook it ten minutes. Melt the butter; stir in flour. Add to the milk. Cook onion with potato. Add seasoning and strain through a strainer. Reheat and serve. Serve with croutons or hot crackers.

MOCK BISQUE SOUP.

1 quart milk.
1 can tomatoes.
¼ cup butter.
3 tablespoonfuls of flour.
1 teaspoonful salt.
Pepper.
¼ teaspoonful soda.

Scald the milk in the double boiler. Melt the butter in a sauce pan. Stir into it the flour, salt and pepper. When smooth stir it into the hot milk. Allow it to cook ten minutes, stirring until smooth; cook the tomatoes until soft. Mash through a strainer and add the soda. When ready to serve put the tomato and milk together. Serve at once to prevent curdling.

SPLIT PEA SOUP.

1 cup dried split peas.
3 pints cold water.
2 tablespoonfuls butter.
1 tablespoonful flour.
1 teaspoonful salt.
Pepper.

Wash the peas well and soak in the cold water a day and night (in high altitude, in lower altitude one night will be sufficient). Put on to boil in fresh water, let cook until soft, supplying water as it cooks out. When soft mash through a strainer. Melt the butter, stir into it the flour and seasonings and gradually one cup of milk or enough when added to peas to make a thick, creamy consistency. Cook the strained peas and creamed milk together for ten minutes. Serve with fried dice of bread. This soup cannot be satisfactorily made in a high altitude, as the long cooking necessary for the peas spoils the flavor.

GREEN PEA SOUP.

1 quart of milk.
1 can of peas.
¼ cup butter.
1 tablespoonful flour.
1 teaspoonful salt.
Little pepper.

Scald the milk in double boiler. Melt the butter, stir into it the flour and seasoning. When smooth stir into the milk, cooking for ten minutes, stirring until smooth. Heat up the peas in their own liquor. Mash through a strainer and add the pulp to the milk. This is a delicious and nutritious soup.

GREEN CORN SOUP.

2 tablespoonfuls butter.
1 pint of milk.
1 teaspoonful salt.
4 good-sized ears of corn.
1 teaspoonful flour.
Little pepper.

Cut the kernels from the ear with a sharp knife. Put the cobs on to boil in enough cold water to cover. Boil half an hour and strain, then cook the pulp in the corn water for twenty minutes, then add the seasonings. Melt the butter, stir into it the flour and when smooth stir into the hot milk. After cooking ten minutes add the corn with the liquid and seasonings. Half a can of corn can be used instead of the green corn.

CREAM OF CORN SOUP (Made from Can Corn).

Make the same as the pea soup made from the can peas.

CLAM CHOWDER.

½ peck clams in the shell.
1 quart potatoes, sliced thin.
¼ pound salt pork.
1 onion.
Salt and pepper to taste.
¼ cup butter.
1 tablespoonful flour.
1 quart hot milk.
Crackers.

Wash the clams until clean. Put them in a kettle with one quart of cold water. Set them on the stove to cook until the top ones are broken open, then re-

move from the stove. Skim out the clams. Pour the liquid in a dish to settle. When the clams are cool, cut off the heads with scissors. Fry the onion in the pork in the kettle that you are going to make it in. When brown remove the pieces of onion and pork, then add the potatoes and the clam liquor, which should be carefully poured in, not to disturb the settlings. When the potatoes are soft, add the clams, seasonings and hot milk, more water if desired. Melt the butter, stir into it the flour and add to the chowder, or, better still, to the hot milk before it is added. Put the crackers in the tureen and turn the chowder on them.

CREAM OF CLAM SOUP.

Melt in a double boiler two tablespoonfuls of butter, stir into it two tablespoonfuls of flour, one teaspoonful of salt and a little pepper or paprica, then add gradually two cups of milk. When hot and smooth, stir in one *small* can of minced clams. Cook for twenty minutes, then strain and reheat, add one-half cup of cream and serve at once.

ASPARAGUS SOUP.

1 pint of milk.
1 good-sized bunch of asparagus.
2 tablespoonfuls butter.
1 tablespoonful flour.
1 teaspoonful salt.
Pepper.

Put the asparagus on to cook in *cold* water enough to cover. Cook until very tender. Cut off a few of the tips to serve in the soup. Mash the rest, with the water they are cooked in, through a strainer. Scald the milk. Melt butter, stir into it flour and seasonings, then stir it into the milk. Add the asparagus

pulp and tips. Serve. This is pretty for a green luncheon.

PEANUT SOUP.

Cook two cups of shelled and blanched peanuts with a slice of onion and a stalk of celery until tender. Mash through a sieve. Stir into it a pint of white stock and one pint of hot milk or thin cream, which has been added to it. Two tablespoonfuls of butter melted with one tablespoonful of flour and one-half teaspoonful of salt and a little pepper stirred into it.

ALMOND SOUP.

1 quart of white stock.
1 pint of cream.
1 tablespoonful flour.
2 tablespoonfuls butter.
Salt and pepper to taste.
½ cup of blanched almonds that have been chopped and pounded fine.

Melt the butter, stir into it the flour. When smooth, stir it into hot cream. Cook for ten minutes. Add the hot stock and season, then add the nuts and serve.

MUSHROOM SOUP.

1 pint of milk.
½ cup of cream.
½ pound fresh mushrooms.
2 tablespoonfuls butter.
1 tablespoonful flour.
1 teaspoonful salt.
Speck of pepper.
Yolks of 2 eggs.

Scald the milk in a double boiler. Melt the butter, stir into it the flour, salt and pepper. Stir this into the hot milk, let cook for ten minutes, then add to it the beaten yolks and cream, stirring and cooking five minutes. Peel the mushrooms, cut off the stems and break them in small pieces. Put them in a sauce

pan with just enough hot water to keep them from sticking. Let them cook five minutes. Add them to the cream soup and serve. The eggs may be omitted.

MUSHROOM STOCK SOUP.

Two cups of chicken or turkey stock, one-half pound of fresh mushrooms that have been cooked and added to the stock. Melt two tablespoonfuls of butter, add to it two of flour and the hot stock. Cook ten minutes, strain out the mushrooms, add one cup of cream and season. This is a most delicious, rich soup.

BERMUDA SOUP.

Peel and slice three Bermuda onions, brown a delicate brown in pork fat or a little butter, then cook in boiling salted water till tender. Melt in a double boiler two tablespoonfuls of butter, stir into it two tablespoonfuls of flour, then gradually two cups of milk. When smooth put in the onions and cook for a half hour. Mash all through a sieve, reheat, season with a teaspoonful of salt and a little pepper. Add half a cup of cream and serve at once.

SPINACH SOUP.

Wash one pound of spinach, put it on to cook without adding water—there is enough that clings to the leaves to cook it—one teaspoonful salt, a small onion sliced. When tender, mash through a strainer or purèe sieve. Scald two cups of milk in double boiler, melt in sauce pan two tablespoonfuls of butter, stir into it one of flour. When blended, stir it

into the hot milk. Cook ten minutes, then add one cup of the spinach pulp and the yolk of one egg diluted with a half cup of cream. Cook ten more minutes. Season with salt and pepper.

CREAM OF CAULIFLOWER SOUP.

Let a cauliflower stand in cold water, head down, for one hour—in cold salted water—this is to draw out any insects that may be in it. Put on to boil in chicken or veal stock or hot water and one onion, a sprig each of parsley and celery. When tender, mash through a sieve or potato ricer. For every cup of the pulp make a white sauce of two cups of milk stirred into two tablespoonfuls of butter that has had two tablespoonfuls of flour stirred into it, one-half teaspoonful salt and a little pepper. Cook ten minutes, then stir in the pulp. Cook for five minutes. Add one-half cup of cream. Serve.

CREAM OF STOCK SOUP.

Use any stock made from veal, poultry or game. Stock made from turkey bones is very delicious for this soup. Melt in a sauce pan four tablespoonfuls of butter. Stir into it three tablespoonfuls of flour and half a teaspoonful of salt, gradually stir into the butter three cups of the well-seasoned stock. Boil ten minutes. Add one cup of thick cream, heat for five minutes. Serve. A few fresh mushrooms that have been cooked for five minutes, then added to the stock just before serving, gives a delicious flavor. Serve for luncheon in bouillon cups or for a dinner soup.

SUMMER SOUPS.

Make a rich chicken broth or bouillon, chill, surround by ice or freeze to a frappè. Serve in bouillon cups with or without whipped cream.

Clam Bouillon can be served in the same way.

FRUIT SOUPS.

Fruit soups originated with the Germans. They are made from the fruit juices seasoned and thickened. These soups to be palatable must be served very cold.

STRAWBERRY SOUP.

One pint of strawberries and one pint of water; cook together until the strawberries are soft, then add one-half glass currant jelly. When the jelly is dissolved, strain, thicken with a scant teaspoonful of corn starch. Cook for ten minutes, and, if necessary, strain again. Serve very cold in bouillon cups, with chipped ice.

RASPBERRY, CURRANT AND GOOSEBERRY SOUP.

One pint of the fruit and one pint of water. Cook together until the fruit is tender. Strain, add one tablespoonful of sugar, *a few grains of salt* and a little corn starch to thicken slightly. Cook for ten minutes. If necessary strain again. Serve very cold in cups with chipped ice.

PLUM, CHERRY, PINEAPPLE AND PEACH SOUP.

Cook one pint of fruit with a pint of water till very soft, mash and sift. Sweeten slightly and thicken a very little with corn starch; a little lemon or orange juice will improve these soups. Serve very cold with chipped ice.

ORANGE SOUP.

The juice of six oranges and one lemon, sweeten slightly, add a little sherry wine if desired. Chill. Serve with chipped ice.

FISH.

Fish, to be palatable and nutritious, should be fresh, well cleaned and thoroughly cooked. When fresh, the eyes are bright, the flesh firm and elastic to the touch. Fish should be cleaned, washed in cold water and dried (not soaked) as soon as it reaches us and put directly on the ice or in a cold place. It should not be put in the compartment with milk or butter, as they absorb the odors very quickly. Frozen fish should be laid in cold water until they become limber.

TO SKIN AND BONE A FISH.

Cut through the skin, down the back bone, taking off the fins. Beginning at the head, loosen the skin and strip it down. Use a knife to help loosen the skin, and a little salt on the fingers enables one to get a firmer hold. Then slip the knife under the flesh, keeping it close to the bone, to remove the flesh or fillets. They can be served whole or divided in uniform pieces if the fish is large.

TO BOIL FISH.

Put the fish into a kettle of boiling water, enough to cover, with a teaspoonful of salt and a tablespoonful of vinegar or half the juice of a lemon. This hardens it. Do not let the water boil rapidly after the fish is put in, as that breaks it; let it simmer on top of the stove. A little celery, onion, bay leaf and pep-

percorns put in the water improves the flavor of white fish. Allow fifteen minutes to a pound. If a fish kettle is not used, place the fish in a plate and tie the plate in a cloth before putting in the kettle. Prepared in this way it is much easier to remove from the kettle.

TO BROIL FISH.

Clean the fish, wash and wipe dry. Cover with a little softened butter, season with salt and pepper. Rub the broiler with salt pork or butter. Broil first the flesh side until brown before turning. A thick fish should cook about twenty minutes, a thin one less time. Try with a fork. When done, place on a hot platter, season with butter, salt and pepper and a little chopped parsley. Garnish with lemon or water cress or serve with a sauce.

TO BAKE FISH.

Place in the bottom of the pan two or three thin slices of salt pork to prevent the fish from sticking, or on the rack, if rack is used. If part of a fish is to be baked, wash it and wipe dry, cover the fish with buttered cracker crumbs that have been well seasoned with salt, pepper, lemon juice, chopped parsley and a little onion juice, or sprinkle with flour; or, salt and pepper, little pieces of butter, and five minutes before removing from the oven cover the top with grated cheese, seasoned with a little salt and paprica.

STUFFING FOR FISH.

1 cup of powdered cracker crumbs.
1 teaspoonful salt.
A little pepper.
1 teaspoonful chopped parsley.
1 teaspoonful onion juice.
¼ cup melted butter.
2 teaspoonfuls of pickles, chopped, or, one of capers and one of pickles.

If not moist enough, use a little hot water. An egg may be used, but it is not necessary. This should be a dry stuffing.

TO BAKE A WHOLE FISH.

Stuff and sew up the fish. Place the fish upright in the pan. If broad and short they may be kept in place by propping up. If not the right shape to prop, skewer in the shape of the letter S. If prepared in this way will keep their shape after cooking. Place when done on a hot platter. Pour a sauce around it, place a slice of lemon in the mouth. Before baking cut gashes (three or four) across the back and place in each a slice of salt pork. *The head and tail* should be left on.

TO COOK SMELTS.

Clean, wash and dry them, season with salt and pepper, dip in fine granulated corn meal or flour. Fasten together with a toothpick forming a ring (or fry without). Place in as many as will cover the bottom of a frying basket, dip in smoking hot fat and cook for one minute. *Or,* fry out in frying pan half a dozen slices of salt pork. Cook the smelts in this, first on one side and then the other, until they are brown. Serve with tartare sauce.

FILLETS BAKED WITH TOMATOES.

Any kind of fillets or sliced fish can be cooked in this way. Place on the bottom of the pan four slices of salt pork, one onion cut in slices, wash and wipe the fish dry, cover the top with butter seasoned

crumbs. Place in the pan on top of the pork and onions. Wipe clean half a dozen tomatoes (or enough to serve one to each person), place them around the fish. Cook in a hot oven until the fish is done, basting several times, both the tomatoes and fish with the fat in the pan. When done place the fish carefully on a hot platter and arrange the tomatoes around it. Serve with Hollandaise, white or Bearnaise sauce.

STUFFED FILLETS OR SLICED FISH.

Wash and wipe the fish dry, season with salt and pepper, spread a layer of "stuffing for fish" over the pieces, about an inch thick. Roll up and tie securely with a string. Place in a buttered pan or on slices of salt pork. Cover the top and sides with buttered crumbs. Cook in a hot oven three-quarters of an hour. Serve with maitre d'hotel butter or a white sauce made from the fat in the pan.

BOILED SALMON.

Prepare and cook as for boiled fish. Serve on a hot platter with Hollandaise sauce and the little ball potatoes, placing some of the potatoes on top of the fish to form a bunch of grapes.

SALMON CUTLETS.

One cup of cold fish minced fine, season with one teaspoonful of salt, a little pepper, one teaspoonful chopped parsley, two teaspoonfuls lemon juice. Mix with one-half cup of thick white sauce. (See sauces.) When cold shape in cutlet form. Roll in crumbs and egg and crumbs again. Fry in deep hot fat until

brown. Serve with the paper ruffles stuck in the small end of each, placing the large end to the center of the platter. Pour around them a Hollandaise or white sauce. Any left-over whitefish is delicious prepared in this way.

FISH TIMBALE.

Cut one pound of raw fresh whitefish in small pieces, chop or pound to a pulp, press through a coarse sieve. To every cup of the fish pulp add one tablespoonful of fine bread crumbs that have soaked in a third of a cup of milk or cream until soft. One teaspoonful of salt, one-eighth teaspoonful of pepper, one-half teaspoonful of onion juice, the yolk of one egg well beaten. Beat all well together for five minutes, then fold in lightly the stiffly beaten white. Butter a mould or bowl; fill it not over two-thirds full; set it in a pan of hot water. Cover the mould with a greased paper and set in a moderate oven. Cook until the center is firm, from twenty minutes to one hour, according to size of the timbale. Turn from the mould and surround with a lobster, shrimp or tomato sauce.

PLANKED SHAD AND POTATO ROSES.

Place the shad that has been prepared as for broiling on a thick hardwood board; hold it down with a few tacks. Season it with salt and pepper and cover with buttered crumbs. Shape hot mashed potato through a pastry bag and tube, in the form of roses around the fish, brush over with the yolk of egg that has been slightly beaten. Cook in a hot oven for twenty-five minutes.

CASSEROLE OF FISH.

Line a mould or baking dish with seasoned mashed potato, first buttering it well. Fill up the mould with any kind of highly seasoned creamed fish, or fish that has been mixed with tomato sauce. Cover the top over with an inch layer of mashed potato, brush over with a beaten yolk of egg. Bake in a hot oven for fifteen minutes.

CREAMED FISH SERVED IN MASHED POTATO CASE.

Line a baking dish with mashed potato. Cover with the beaten yolk of egg. Set in a hot oven to brown, then serve in it any kind of creamed fish. A good luncheon dish. Creamed meats are also good served in this way.

CREAMED SALT FISH.

Cook the salt fish in boiling water until tender, changing the water once. Pick in small pieces and mix with a white sauce. Serve on toast or on a platter garnished with broiled sweet or white potatoes.

SALT FISH BALLS.

1 cup raw salt fish.	1 egg.
2 cups potatoes.	Little pepper.

Pick the fish in small pieces, free from bones. Pare the potatoes, cut in quarters. Cook the potatoes and fish together in boiling water until tender. Drain off the water and mash until very light; add the pepper and when a little cool, the egg, well beaten. Drop from a tablespoon into *smoking hot* fat. Fry until brown. Cook only three or four at a time, as too

many cool the fat. Drain on soft paper. Serve with a white sauce. It is better not to form the mixture into shapes, as it makes them heavy.

SALMON FISH BALLS.

Mix one-half cup of salmon with one cup of mashed potato. Season and add one egg. Shape in little flat cakes. Cover with melted butter and broil, or fry in salt pork fat. Brown on one side and then the other. The salt pork gives a very nice flavor.

PETITE FISH BALLS.

Shape any kind of fish ball mixture in balls the size of a good-sized marble. Fry in a basket in deep fat. Drain on soft paper. Serve with tartare, tomato or white sauce.

SHELL FISH.

OYSTERS RAW.

Oysters to be served raw should be very fresh, and should not be served at all from the 1st of May to September, as their flavor is not as good and they are not so healthful. For serving raw, the small oysters should be used. Look them over carefully to see that there are no pieces of shells. Leave them on the deep half of the shell and arrange regularly around the plate, giving six to each person. Have a little ice in the center of the plate, chipped fine. Place on the ice a little parsley or watercress and a quarter of a lemon on that. Serve with them paprica or tobasco sauce, horseradish, thin slices of brown bread buttered or crackers.

OYSTERS COOKED IN THE SHELL.

These are very delicious and should be served as soon as ready. They make a very palatable dish for Sunday night supper.

Wash the shells clean, put them in a pan with the round side down to hold the juice, and cook in a hot oven until the shells break open. Remove the upper shell. Season to taste when served.

Clams are delicious cooked in this way, in their own juices.

OYSTERS SERVED IN ICE.

Have fresh small oysters that have been well picked over. Make a cavity in a smooth block of ice

with a hot brick, or pail or can of hot water. Place the ice on a platter with colored tissue paper under it if you want the color effect. Surround it with parsley or watercress and quarters of lemon, then place in the oysters.

Oyster Cocktail is very nice served in this way.

Individual cakes of ice can be made in the same way.

FRIED OYSTERS.

Select large oysters for frying. Pick them over carefully to see that none of the shell adheres. Put them in a strainer and let the cold water run through them just to rinse them. Drain well, season finely rolled cracker crumbs with salt and pepper, dip the oysters in the crumbs, then into egg, which has just been beaten slightly, to mix it, and has two tablespoonfuls of water added to it, then into the crumbs again. Put five or six at a time in the frying basket and plunge in the smoking hot fat. Cook until a golden brown. These should not be fried until time to serve. Pickles, horseradish, chow-chow, tartare sauce or celery salad can be served with them, either as a garnish or separately. Fried oysters may be prepared some time before cooking.

BROILED OYSTERS.

Prepare the oysters as for fried. Dry them well. Dip them in melted butter, rub a fine wire broiler with butter or salt pork, place them on the broiler over hot coals and cook until the juice flows. Place them on rounds or squares of toast, three or four on each piece. Pour a little melted butter over them, season with pepper. Serve any kind of pickles with them.

OYSTER COCKTAIL.

1 pint of small oysters, cleaned and thoroughly chilled.
1 tablespoonful horseradish.
5 tablespoonfuls lemon juice.
1 tablespoonful vinegar.
3 tablespoonfuls Worcestershire sauce.
3 tablespoonfuls catsup.
1 teaspoonful tabasco sauce.
1 teaspoonful salt, or more if needed.

Serve in cocktail glasses or in lemon cups, or tomato cups, on a bed of green, or cups shaped from tomato or celery jelly.

PANNED OYSTERS.

Put a tablespoonful of butter into a hot sauce pan, then add the oysters that have been well picked over and cleaned. Let them cook until the edges curl, then place them on pieces of toast or hot crackers that have been moistened with the liquor. Season with butter, salt and pepper.

CREAMED OYSTERS.

Cook one pint of oysters in their own liquor until plump and their edges curl. Drain off the liquor. Make a sauce by melting two tablespoonfuls of butter and stirring into it two tablespoonfuls of flour, one-fourth teaspoonful of salt (or more if needed), a little pepper or paprica. Stir slowly into this one-half cup of oyster liquor to one-half cup of cream or milk. Cook ten minutes and add the oysters. Let them reheat in the sauce for five minutes. Serve on toast or in patty shells, timbale cases or bread boxes.

OYSTERS IN SHELLS OR RAMQUIN DISHES.

Cook the oysters and make the sauce the same as for *Creamed Oysters.* Remove the sauce from the

fire, add the oysters and the beaten yolks of two eggs, butter the shells or dishes and fill about two-thirds full. Cover the top with buttered bread crumbs and bake in a hot oven for five minutes, or until the crumbs are brown.

To Butter Crumbs.—Melt one tablespoonful of butter, add to it two tablespoonfuls of crumbs, stir them into the butter.

SCALLOPED OYSTERS.

Wash and pick over the oysters. Butter a baking dish and place in a layer of oysters. Sprinkle them with salt, pepper and bits of butter and a layer of cracker crumbs. Before putting on the top layer of crumbs add three tablespoonfuls of sherry, if liked. Cover the top with buttered crumbs. (Buttered crumbs given in the preceding receipt.) Bake for twenty minutes in a hot oven or try the oysters in the center and see if the edges are curled.

PIGS IN BLANKET.

Season large oysters with salt and pepper an hour before using, then wrap each oyster in a thin slice of bacon and fasten with a wooden toothpick. Cook on a hot spider or frying pan or in the chafing dish until the bacon is brown. Serve on small pieces of buttered toast.

Oysters in Batter.—(See fritter batter.) Select large oysters, clean and dry dip in fritter batter. Fry till brown in hot fat. Drain on soft paper.

CLAMS.

Little Neck Clams are the best for serving raw. Serve the same as raw oysters.

ROASTED CLAMS.

Roast the same as oysters.

STEAMED CLAMS.

Wash the shells until clean and free from grit. Put them in a kettle without water, cover closely and cook until the shells open. Serve hot in the shells, with melted butter. Serve a small glass of the clam water to each person.

CLAMS IN BATTER.

Cook the same as for steamed clams. Cut off the head (the black tip) and dip in batter; fry in smoking hot fat until brown. (See fritter batter). The clams may be chopped before adding to the batter if desired.

SCALLOPS.

Wash quickly, dry between cloths, dip in cracker crumbs that have been seasoned with salt and pepper, then in slightly beaten egg that has two tablespoonfuls of water added to it, and in the crumbs again. Place them in a frying basket, immerse it in smoking hot fat for one minute. Drain on brown paper. Serve with tartare sauce.

CRABS.

Crabs are at their best during the months of May, June, July and August. Crabs, like lobsters, shed their shell once a year. When the shell is forming they are soft shell crabs.

SOFT SHELL CRABS.

Soft Shell Crabs should be used only when fresh. Remove the sand bag, gills and intestines. Wash and wipe dry. Roll in cracker crumbs, egg, and crumbs again, immerse in smoking hot lard for two minutes or roll in flour and sauté in hot butter on both sides. Serve with tartare sauce.

BOILED CRABS.

Plunge them head first in hot water (not boiling), then add one tablespoonful of salt; boil for twenty minutes. When cold remove the outside shell and take out the meat carefully.

DEVILED CRABS.

Mince the meat fine and mix with half the amount of white sauce; season with salt, paprica or a little cayenne, teaspoonful chopped parsley, teaspoonful lemon juice, yolk of hard-boiled egg. Replace in the shell, cover with buttered crumbs and brown in a hot oven.

FRIED FROG LEGS.

After being skinned, dip in cracker crumbs seasoned with salt and pepper; then in egg and the crumbs again. Put in a frying basket, immerse in smoking hot fat for one minute. Drain. Serve with a cream or mushroom sauce or a drawn butter sauce.

DEVILED SHRIMP.

1 pint of shrimp.
1 cup white stock or milk.
4 tablespoonfuls butter.
2 tablespoonfuls flour.
1 teaspoonful mustard.
¼ teaspoonful cayenne.
1 teaspoonful salt.
1 tablespoonful lemon juice.

Make a sauce by melting the butter, stirring in the flour and seasonings and the milk or stock. When smooth add the minced shrimps. Sprinkle shells or ramquin dishes with buttered crumbs, cut in the shrimp mixture. Cover over with buttered crumbs. Cook from ten to twelve minutes in a hot oven.

LOBSTERS.

Lobsters are difficult to digest and should only be eaten when fresh. Select a heavy lobster for the size. These will be found to be the most meaty.

TO BOIL A LOBSTER.

Have enough water in a kettle to cover, and before the water gets very hot put in the lobsters. This seems the most merciful way, as it smothers them at once. Add two tablespoonfuls of salt, cover and boil for thirty minutes.

TO OPEN A LOBSTER.

When the lobster is cold, break off the large claws, separate the tail from the body. Remove the small claws. Save the coral and the green liver. Break the tail by pressing the sides together; then open and take out the meat and remove the intestinal canal, which runs the full length. Break off the gills. The gills, stomach and intestines are the only parts not used. Break the body in the middle and pick the meat from the joints. Hammer the claws near the edges, so as not to break the meat. Remove the meat. If the body of the shell is to be used for serving, cut down the underside with a sharp knife.

TO BROIL A LIVE LOBSTER.

With a sharp knife cut quickly down the back, remove the intestines and stomach. Broil over a moderate fire for thirty minutes, shell side down. Spread a little butter over it when broiling to keep it moist. When done break the claws, season with salt, pepper and melted butter.

PLAIN LOBSTER.

Remove the meat from the shell, place on a platter, garnish with the little claws and parsley. Season individually with salt, pepper, vinegar and oil or melted butter.

SAUTE LOBSTER.

Break the lobster meat in small pieces, heat in hot butter in sauce pan or chafing dish, season with salt, pepper and a little vinegar. Cook for about five minutes.

CREAMED LOBSTER.

Cut the meat quite fine, reheat in a white sauce, seasoned with salt, pepper or paprica, lemon juice. Serve on toast or in patty cases, timbale cases, bread boxes, or in shells or ramquin dishes, baked for five minutes in the oven with the buttered crumbs on top.

DEVILED LOBSTER.

Chop the lobster very fine, season highly with lemon juice, paprica, a little chopped celery, two small pickles chopped fine, salt. Mix with a white sauce, using half as much sauce as meat. Fill the tail

of the lobster shells with the mixture, setting them in the pan with the meat side up. Cover the top with buttered crumbs. Bake for fifteen or twenty minutes in a hot oven. Place two tails together lengthwise, the crumb side up and garnish with the claws and parsley or watercress.

LOBSTER A LA NEWBURG.

Cut the meat from a two-pound lobster in inch pieces. Melt in the chafing dish or sauce pan two tablespoonfuls of butter, add the lobster and one-fourth teaspoonful of salt, a speck of cayenne or paprica. (A truffle chopped fine may be added.) Cover and let cook for five minutes, then add one-fourth cup of sherry or madeira, or half sherry and half brandy, and cook for five minutes. Beat the yolks of two eggs and mix them well with a cup of cream, add this and stir until it thickens. Serve at once or the eggs may cause it to curdle.

MEATS.

The cheaper cuts of meat should have a long, slow cooking to break up the fiber. A cheap cut of meat often contains more nourishment than an expensive cut. For example, there is more nourishment in a well-cooked piece of round than in a well-cooked fillet. Tough meats are better boiled, as a lower degree of heat can be used and slower cooking.

TO ROAST BEEF.

Beef should be well streaked with fat, of a bright red color, elastic to the touch, and have a thick outside layer of fat. Put the meat in the pan which has been heated hot on top of the stove, then sear the meat in the hot pan on all sides, turning it with a fork. Then place it in the pan on a rack, sprinkle first with flour, then with salt and pepper. Put two tablespoonfuls of drippings in the pan if you have them, but no water, as water steams the meat. Cook in a very hot oven for ten minutes, then reduce the heat, basting often with the fat in the pan. Roast ten minutes to a pound, if liked rare, and fifteen minutes if liked well done.

Rolled Roast—Should be cooked a little longer.

Searing and first putting the meat in a hot oven hardens the outside and keeps the juices in. Place on the platter with the fat side up. Carve in thin slices across the grain.

GRAVY FOR ROAST BEEF.

Pour the fat from the pan in a bowl, then pour about a pint of hot water or stock in the pan, to get all of the settlings. Put four tablespoonfuls of hot fat in a sauce pan, stir into it two tablespoonfuls of flour, well mixed, stir in the hot water or stock from the pan. Season to taste with salt, pepper, Worcestershire sauce, ketchup or mushrooms. Cook for ten minutes.

YORKSHIRE PUDDING.

Beat two eggs very light, add one-half teaspoonful of salt and one cup of milk. Stir this gradually on three-fourths cup of flour, beat until smooth. Pour in hot gem pans that have in them drippings from the roast beef. Bake in a hot oven thirty minutes, basting twice with beef drippings, but not until they have been baking for fifteen minutes. Serve around the roast beef. This is a much better way than baking it in a pan.

FILLET OF BEEF.

Have your butcher remove the fat veins and trim into shape. The best way of cooking it is to lard it. If you do not care to do that, first place it in the pan on several slices of pork and cover the top with thin, narrow strips, dredge with flour, salt and pepper, or cover the top of the fillet with buttered, seasoned crumbs. Place around the fillet one carrot, turnip and onion cut in thin slices, and a couple of stalks of celery. Cook in a hot oven for thirty minutes. After ten minutes' cooking pour into the pan one cup of stock. Baste frequently. The fillet should be served rare. Put in a sauce pan a couple of tablespoonfuls

of butter and two of flour. When melted, stir slowly in the gravy from the pan, which has been strained from the vegetables, and the fat skimmed off. Pour into it a half can of mush rooms that have been drained from the liquor. Cook ten minutes. Pour around the fillet. If this does not make gravy enough add a little hot water to it.

BRAISED BEEF OR POT ROAST.

Four to six pounds of beef from the lower part of the round or rump. Place on the bottom of the pan six thin slices of salt pork and on the pork lay one-half cup each of carrot, turnip, onion and celery, cut in small slices. On the vegetables place the meat. Dredge well with flour, pepper and salt. Place in a hot oven for fifteen minutes. Then add two cupfuls of stock or hot water. Place slices of vegetables on top of the meat, cover closely with a pan. Cook slowly for four hours. When done, garnish the platter with vegetables, after being strained from the gravy. Melt two tablespoonfuls of butter, stir into it one of flour and slowly add the gravy. Cook ten minutes. Serve as a gravy with the meat. This way of cooking beef may be done in a pot, then it is called a pot roast.

BEEF A LA MODE.

Use five or six pounds of beef from the lower part of the round, cut thick. Lard it well with a larding needle, or make incisions into the meat with a sharp-pointed knife. Press into them thin strips of salt pork. This is called daubing. It can be done by the butcher. Put several thin slices of pork or two tablespoonfuls of drippings in the pot. When hot, put in

the meat and brown it on all sides by turning it, then dredge with flour, salt and pepper, half cover the meat with boiling water. Add to it one-half cup each of carrot, turnip, onion, cut in slices, and a sprig of parsley. Cover the pot tight and simmer slowly for four or five hours; add more water when necessary, having about a cup of the liquor when the meat is done. Place the meat on a hot platter, thicken the gravy a little with the vegetables, pour around it. This is very good cold.

BEEF STEW WITH DUMPLINGS.

The cheaper cuts of meat can be used for a stew. The aitch bone, or two or three pounds from the shin, or flank, or upper part of chuck rib. Stew can be made from cooked meat, the flank from a roast or left-over pieces of fresh meat. Remove the meat from the bones, cut in two-inch pieces, season with flour, salt and pepper, brown all over with fat from the meat or drippings. Put in the stew pan, add one onion cut in thin slices, one good-sized turnip, two carrots. Add boiling water enough to cover. Cook slowly for two hours, then add six potatoes that have been pared, sliced thin and soaked in cold water for half an hour. Cook for five minutes, then add the dumplings, having the liquor come up even with the potatoes and the dumplings resting on top. Cover closely and cook for ten minutes. Put the meat in the center of the platter, the vegetables and dumplings around the outside. Thicken the gravy a little and pour around the vegetables. Season the gravy more if desired.

DUMPLINGS.

1 cup flour.	1 teaspoonful baking powder.
¼ teaspoonful salt.	

Mix with one-half cup of milk into a dough soft enough to handle. Pat out in small cakes or roll and cut with a small biscuit cutter. Cook for ten minutes in the boiling stew, being careful that the water does not boil on them, as that would make them soggy.

MEAT PIE.

Lay in a baking dish a few thin slices of cold meat, grating of onion, salt and pepper, a layer of thin-sliced potatoes. (Cold cooked potatoes can be used, cut in thicker slices.) Fill up the dish with these layers. Pour over it any cold gravy, tomato sauce, or soup stock. Cover the top with pastry, rolled a half inch thick. Bake in a hot oven for about one-half hour. Any kind of meat can be used in this way, and other vegetables used if desired.

WARMED-OVER BEEF.

Cut the beef in small, thin slices. Make a gravy of two tablespoonfuls of butter and one of flour; when browned a little, add a cup of stock or gravy and one teaspoonful of Worcestershire sauce and one tablespoonful of catsup. Season with salt and pepper. Add the meat. Simmer for fifteen minutes. Place on a hot platter, garnish with three-cornered pieces of toast or little ball potatoes.

ROLLED STUFFED FLANK.

Take the inside flank, wipe it clean and dry, remove the fat, spread it evenly with a bread stuffing,

highly seasoned, about an inch thick. Roll it up and tie securely with a white twine. Cut into slices an onion, carrot and turnip. Place them in the pan, lay the meat on them and dredge with flour, salt and pepper. Add a bay leaf, sprig of parsley and the root or stalk of celery, one cup of water or stock. Cook for fifteen minutes in a very hot oven; then cover with another pan and cook slowly for four hours, basting frequently. It must have a long, slow cooking to be tender. When done, strain out the vegetables, make a gravy of the liquor and serve with the meat.

BOILED DINNER.

Select a piece of corn beef that is well streaked with fat. Wash it in cold water, put on to boil in cold water enough to cover. When it begins to boil, skim. Allow it to *simmer* slowly, until tender, about forty minutes to a pound. Scrape, wash and quarter the carrots, peel and quarter parsnips, peel and slice in inch slices the turnips, quarter the cabbage, peel the potatoes and cook whole. About one hour before the meat is done add the turnips, carrots and parsnips and a half hour before done add the potatoes. Tie the cabbage in a piece of cheese cloth and cook it in a separate kettle in some of the liquor from the corn beef. Cook one hour or until tender.

Cook the beets separately in boiling water. When done plunge them into cold water and rub off the skin. Serve hot or cold. Place the corn beef in the center of the platter and the carrots, turnips, parsnips and potatoes around. Serve cabbage and beets in separate dish.

PRESSED CORN BEEF.

Remove the beef from the bones, pick in rather small pieces, put layers of lean and fat in a round baking dish. Cover the top with a plate and press down with a brick or flat iron for several hours. Then slice thin. Serve with baked potatoes and pickles.

CORN BEEF HASH.

Half corn beef and half mixed vegetables. Chop all together until fine. Season with a very little salt and pepper; moisten with a little stock or gravy. Put one tablespoonful of drippings in the frying pan. When hot add the hash. When brown, cover the top with a plate; quickly turn the hash into it by turning the frying pan upside down. Put another tablespoonful of drippings in the pan and brown the hash on the other side. Remove to a hot platter, garnish with pickles cut lengthwise in half, or parsley.

VEGETABLE HASH.

Equal parts of all the left-over vegetables. Put into the frying pan a tablespoonful of drippings, add the vegetables and cook until heated through, stirring often. This is very nice served with the cold corn beef.

SPICED BEEF.

Select a piece from the middle cut of shin or the round. Wash the meat quickly and cut in four pieces. Cover with boiling water. After it has boiled for one-half hour, add the following seasonings, tied in cheese cloth: Six cloves, twelve peppercorns, one bay leaf, half teaspoonful sage, half teaspoonful thyme,

three or four celery roots or stalks. Simmer slowly now until the meat falls apart, pack and press. (See corn beef.) When cold, serve in thin slices.

BROILED BEEFSTEAK.

Cut off the flank end to use in other ways, as that is toughened by broiling. Grease the broiler with a little fat from the meat. Broil over red-hot coals, turning at first every ten seconds (to sear the outside and keep the juices in). If liked rare, broil eight minutes; well done, twelve minutes. Select a steak one inch and a half or two inches thick. Serve on a hot platter, season with butter and salt, maitre d'hotel sauce or mushroom sauce.

SPANISH STEAK.

For this use round steak cut one and one-half or two inches thick; sear it on both sides by turning it in a hot pan, then season with salt, pepper, a bit of butter and about one-half cup of water or stock. Cook in a hot oven for one-half hour, then cover with slices of raw onion. Add a few more pieces of butter; cook another one-half hour, then add a layer of sliced tomato, cook for another one-half hour, then cover with grated cheese. When brown, serve with a gravy made from the liquor in the pan.

BROILED FILLET OF BEEF.

Cut the fillet in slices three-fourths an inch thick. Grease the broiler well. Broil over clear coals for six minutes, turning every ten seconds, at first. Place on rounds of toast the size of the slices. Season with

salt, pepper and butter and garnish with peas or with mushroom sauce.

HAMBURG STEAK.

Use one pound from the round or the ends of steak. Put through a meat grinder or chop very fine. To it add:

1 tablespoonful of onion juice.
1 teaspoonful of salt.
¼ teaspoonful of pepper.
1 beaten egg.

Form into flat cakes, dredge with flour and sautè in a little hot butter or drippings. Brown well on both sides. Remove to a hot platter, stir into the hot fat left in the frying pan one tablespoonful of flour. When brown, stir slowly into it one cup of stock or hot water. Season to taste with pepper and salt and add a few mushrooms or peas, or cubes of carrot that have first been cooked. Heat through and pour around the steaks.

BEEF TONGUE.

Smoked Tongue.—Soak for one hour in cold water, pour off the water and put on to cook in cold water. Let it come to a boil, pour off the water again. Put on in fresh cold water and boil until tender. Remove the skin, roots and fat. Serve hot or cold. If hot, serve with tomato sauce.

Fresh Tongue.—Wash and cook in boiling salted water until tender. Remove the skin and fat.

TONGUE IN JELLY.

Cut the tongue in slices and hold in shape. Place in a mould or dish the right size to hold it in place. Pour around it half inch thick of aspic jelly. When that is nearly firm, cover with the jelly. Serve when cold and firm. (See aspic jelly.)

PORK.

ROAST PIG.

Select a pig from three to five weeks old. Wash well and stuff with a potato stuffing.

Stuffing.—Two cups mashed potato, season with one-fourth cup of butter, two tablespoonfuls of chopped onion, one-fourth teaspoonful of pepper, one teaspoonful of salt, one teaspoonful sage, stuff and sew.

Skewer the fore legs forward and the hind ones backward. Rub over with softened butter, sprinkle with flour, salt and pepper. Put in a hot oven with a little water in the pan. Baste often with melted butter at first to soften the skin. Bake about three hours or until tender when tried with a fork. Arrange on the platter in a bed of parsley, with a slice of lemon in the mouth. Serve with apple sauce or fried apples.

ROAST PORK.

The loin, spare-rib and shoulder are best for roasting. Sprinkle well with flour, salt, pepper and sage. Cook in a hot oven, allowing twenty-five minutes to a pound. Pork should be well cooked. It requires five hours for digestion, and is more easily digested when cold.

PORK CHOPS.

To fry or sautè them, have them cut one-half inch thick, dredge with a little flour, sage, salt and pepper,

and cook until brown on both sides. It will take about twenty minutes. Serve on a hot platter, garnished with fried apples.

BACON.

Slice very thin, remove the rind, place in a hot frying pan. Cook until crisp. Drain on soft paper.

FRIED APPLES.

Cut slices of sour apples, one-half inch thick. Do not remove the skin. Sautè in beef drippings, pork fat or butter until tender.

BROILED HAM AND EGGS.

Have the ham cut in very thin slices. Place it in hot water for three or four minutes to take out a little of the salt. Wipe dry; broil over hot coals for about five minutes. Fry out several slices of salt pork, add the eggs and cook until the white is firm, basting them with the fat from the pan.

FRIED HAM.

Put the slices on a hot frying pan, brown on both sides. Remove, and cook the eggs in the fat left in the pan. Place the eggs around or on top of the ham.

BOILED HAM.

If salt, soak for several hours. Wash thoroughly, trim off any of the black part. Cover with cold water and let it cook slowly, allowing one-half hour to a pound. Remove from the fire, let it remain in the

water over night, then cut off the skin. Press into the fat a number of whole cloves, sprinkle the top with cracker crumbs and brown sugar. Bake in quite a hot oven for fifteen minutes. A half glass of sherry wine may be added to the boiling ham just before it is done.

BAKED HAM.

Prepare the ham the same as for boiling. Let it simmer slowly for four hours, then remove it and cut off the skin. Press cloves into the fat. Bake in a moderate oven for two hours, basting at first with one-half cup of sherry wine, and then with the fat in the pan. Fifteen minutes before it is done cover with cracker crumbs and one-fourth cup of brown sugar. Serve hot or cold. If serving hot, make a gravy of two tablespoonfuls of the fat in the pan. Stir into it one tablespoonful of flour and one cup of brown stock.

SAUSAGES (Mrs. Lincoln).

Use sweet fresh pork. Take one-third fat and two-thirds lean. Chop or grind very fine; season for every pound of meat and fat two teaspoonfuls of salt, two teaspoonfuls of sage, one-half teaspoonful of pepper. Make cotton bags, one-half yard long and four inches wide. Dip them in strong salt and water and dry. Crowd the meat into them, tie the bag tightly and keep in a cool place. When wanted for use turn the end of the bag back, cut off the meat in half-inch slices, fry in hot frying pan until brown on both sides.

TO TRY OUT LARD.

Cut the leaves in small pieces, remove all flesh. Put a few pieces in the kettle first. When they are

tried out put in the remainder. Cook slowly until the scraps are crisp, strain through cheese cloth into pails.

Many like to add one pound of suet to every five of the leaves. This makes a firmer lard.

BOSTON BAKED PORK AND BEANS.

Soak two cups of pea beans in cold water over night. In the morning drain off the water, put on fresh cold water and parboil them on the stove until the skin breaks, or you can pierce them with a pin. Then drain them through a colander, and pour cold water over them. Place in the pot. Clean one-fourth pound of salt pork, cut the top in gashes, place on top of the beans, pressing it down in them until the rind just shows. Mix one-half teaspoonful of salt, one-fourth teaspoonful of mustard, one tablespoonful of molasses in one cup of hot water and pour over the beans. Keep water enough in them to come to the top of the beans. Bake in a slow oven for eight hours. One small onion can be baked in the beans if the flavor is liked. The bean pot should be earthen, with bulging sides and have a close cover.

roast 4 lbs. Leg of Lamb. 1 hr. 2

MUTTON AND LAMB.

ast 5-lbs. Leg of Lamb. 2 hr

Good mutton should have thick, white, hard, fat, fine-grained red meat.

ROAST LEG OF MUTTON.

Have the bone cut short, wipe it all over with cold water, dredge with flour, salt and pepper. Place in a hot oven for fifteen minutes, then add to the pan one cup of hot water, baste frequently, allowing ten minutes to a pound if liked rare, and fifteen minutes if liked well done. Garnish the end of the bone with a paper frill or a bunch of water cress or parsley.

ROAST LOIN OF MUTTON.

Remove the fat and kidney. Have the joints cracked, so as to be easily carved. Roast the same as the leg. Serve with mint sauce.

CROWN ROAST.

This can be prepared by your butcher and makes a very handsome and delicious roast. Cut a full loin, trim the rib bones as for French chops and chop them to a uniform length; then roll the loin backwards into a circle and tie securely. Tie around each bone a slice of salt pork so they will not burn. Baste frequently with the fat in the pan. Allow fifteen minutes to a pound. Cover each bone with a paper ruffle, fill up the center with potato chips and garnish around the roast with them, or, garnish with timbale cases filled with creamed peas, or pea timbales.

ROAST SADDLE OF MUTTON.

The saddle is the back; if split it is the loin. Remove the pink skin, as that contains the strong flavor, and the fat and kidneys from underneath. Roll the flank under and tie it into a good, round shape. Dredge with flour, salt and pepper. Cook in a hot oven, baste frequently, allowing ten minutes to a pound if liked rare, and fifteen minutes if liked well done. Carve slices parallel to the back bone, then slip the knife under and separate them from the ribs. After the top is carved, turn the saddle and carve the tenderloin, which lies underneath.

ROAST LEG OF MUTTON STUFFED.

Remove the bone, sprinkle the inside with salt and pepper, stuff and sew. Cook the same as roast leg of mutton.

Stuffing.—One cup of stale bread crumbs, one-fourth cup melted butter, one-fourth teaspoonful each salt, pepper, marjoram and sage, a teaspoonful of onion juice if desired and hot water if not moist enough.

BOILED LEG OF MUTTON.

Put the mutton into boiling water to cover, boil for fifteen minutes, then set aside and simmer, allowing twenty minutes to a pound. One-half hour before removing the meat add turnip cut in half-inch slices. Remove the meat to a hot platter, garnish with the turnip, cover the top with chopped parsley or capers. Serve with caper sauce. Save the water to use with the bone and left-over pieces for soups.

RAGOUT OF MUTTON.

2 lbs. from the neck or flank.	½ can peas.
2 tablespoonfuls butter.	2 cups of water or stock.
1 tablespoonful flour.	1 clove.
1 onion.	Sprig of parsley.
1 carrot.	Salt and pepper to taste.

Put the butter into the frying pan. When melted add the flour and brown. Then add the carrot and onion cut in small dice and the seasonings and mutton. Cook, stirring frequently until all are brown; then add the stock or water and meat. Cover closely, let simmer for two hours, add the peas just before serving.

CURRY OF MUTTON.

Fry one large onion cut in thin slices in two tablespoonfuls of butter. Mix with two tablespoonfuls of flour, one teaspoonful of curry powder, one teaspoonful salt, one-fourth teaspoonful of pepper. Stir into the butter and onion. Add gradually two cups of stock. Cut two pounds of lean mutton in two-inch pieces, add them to the sauce and simmer until tender. Place the meat on a hot platter with a border of rice around it.

MUTTON AND LAMB CHOPS.

Broil the chops over hot coals, turning every ten seconds, the same as steak, thus searing over the chops and keeping the juice inside. When the meat looks puffy it is done. It requires ten minutes to broil chops one inch thick, if liked rare eight minutes. Place on a hot platter, season with salt, pepper and butter, garnish with points of toast and a little parsley or watercress, or with peas, French-fried potatoes, potato balls or straws.

French Chops.—Have the meat and fat scraped from the bone. When served the bone is usually covered with a ruffle.

CHOPS IN PAPER CASES.

Place the chop on well-greased heavy writing paper, season with salt and pepper, fold the paper over the chop and turn the edges over twice to hold them securely. Broil over a moderate fire, turning frequently. These may be served in the paper. These are very delicate to serve to invalids.

ROAST SPRING LAMB.

Spring lamb is divided into fore and hind quarters, the whole of either not being too much to roast at one time. The fore quarter is less expensive than the hind. It should be fresh and thoroughly cooked. Roast in a hot oven, season with flour, salt and pepper. After fifteen minutes' cooking add one cup of hot water, baste frequently, allowing about twenty minutes to a pound. Serve with mint sauce and green peas or asparagus and new potatoes.

BOILED LAMB TONGUES (Mrs. Lincoln).

Boil six tongues in salted water with the juice of half a lemon until tender. Serve cold with tartare sauce, or pickle them by covering with hot-spiced vinegar.

VEAL.

The flesh of veal should be pink and firm; if it has a white or blue tinge it is unwholesome. It contains less nourishment than any other meat and less flavor, so should be highly seasoned, and, like lamb, should be thoroughly cooked.

ROAST VEAL.

The loin, breast and fillet (a thick piece from the upper part of the leg) are best for roasting. Remove the bone from the fillet and stuff with a highly seasoned bread stuffing; skewer into shape. To prepare the veal for roasting, cover the top with thin strips of salt pork, or lard with a larding needle; season with flour, salt and pepper. Allow twenty-five minutes to a pound. Make a gravy from the drippings in the pan. Horseradish is very acceptable to serve with veal.

STUFFED SHOULDER OF VEAL.

Have the blade removed and fill the space with a highly seasoned stuffing; sew up the opening and truss with strips of salt pork. Allow thirty minutes to a pound.

STUFFING.

To one cup of stale bread crumbs add one-half tablespoonful of salt, sage, thyme, one teaspoonful lemon juice, of chopped salt pork, one-quarter tea-

spoonful pepper, one-quarter cup melted butter, one egg beaten until light, and if too dry add a little hot water.

VEAL CUTLETS.

Dredge the cutlets with salt and pepper, dip in fine cracker crumbs, then in egg, then again in the crumbs. Sautè in hot fat, either salt pork or beef drippings. Brown well on both sides, place on a hot platter and surround with a tomato or Bernaise sauce or make a gravy by adding one tablespoonful of flour to the fat, adding one cup of stock, and season with salt, pepper and a teaspoonful of lemon juice, or season with butter, salt and pepper and pass with them tartare sauce.

VEAL CUTLETS WITH CREAM.

Divide the cutlets into sections. Dip them in cream, then sprinkle with flour, salt and pepper. Sautè in hot butter until well browned on both sides. Remove to a hot platter and surround with a sauce made by adding one tablespoonful of flour to the fat and cream left in the frying pan and one cup of cream. Cook for five minutes, season to taste and add to the sauce a handful of fresh mushrooms, if you have them, and allow them to cook five minutes in the sauce.

VEAL STEW.

The ends of the ribs, the neck and knuckle may be used for the stew. Cut about two pounds of the meat in two-inch pieces. Cover the meat with boiling water. Let simmer until tender. Add one onion

sliced thin, two teaspoonfuls of salt, one-fourth teaspoonful of pepper, two carrots sliced, one turnip sliced one-half inch thick, when the meat is put on to cook; twenty minutes before the meat is done add four good-sized potatoes that have been sliced and soaked in cold water for an hour. Remove the meat and vegetables on a platter, thicken the gravy with one tablespoonful of flour and season with two tablespoonfuls of butter and one-half cup of milk or cream.

For Veal Pot Pie add dumplings with the potatoes, the same as for beef stew.

VEAL LOAF.

5 pounds of veal.
1 cup finely powdered cracker crumbs.
½ cup of stock.
3 eggs.
1 tablespoonful finely chopped onion.
1 teaspoonful thyme.
1 teaspoonful summer savory.
1 teaspoonful salt.
1 teaspoonful pepper.
¼ cup of salt pork chopped fine, or
2 tablespoonfuls of melted butter.

Chop the veal fine, add cracker crumbs and seasonings, stock and eggs slightly beaten. Form with the hands into a loaf, cover the top with slightly beaten egg, and a layer of cracker crumbs. Place in a baking pan on four thin strips of salt pork. Bake for three hours, basting frequently with butter and hot water. This is better served cold.

SCALLOPED VEAL.

Cut cooked veal in thin slices or cubes. Put in a baking dish alternate layers of veal and buttered crumbs, seasoning each layer of meat with salt and pepper. Over the top pour a tomato sauce and sprin-

kle over with a layer of buttered crumbs. Bake for half an hour.

BRAISED CALF'S LIVER.

Lard it in three rows, or place several strips of salt pork over the top. Cut into slices one carrot, one turnip, one onion and two slices of salt pork; put them in the baking pan. Place the liver on them. Add one cup of stock or hot water, one teaspoonful of salt and four peppercorns, a sprig of parsley. Cover with another pan and cook in a moderate oven two hours and a half, basting often. Add more stock or water, if necessary. Make a gravy by melting in a sauce pan two tablespoonfuls of butter, stirring into it one of flour. When brown gradually stir in one cup of the stock left in the pan that has been strained from the vegetables. Season with more salt and pepper, if necessary. Pour around the liver.

BROILED LIVER.

Slice in three-fourth inch slices. Soak in cold water for five minutes to draw out the blood. Wipe dry. Dip in melted butter. Broil from five to eight minutes, turning at first every ten seconds. Season with butter, pepper and salt. Broiled bacon is often served with it.

CALF'S HEART ROASTED.

Wash the heart clean and wipe. Fill with a cracker or bread stuffing seasoned with melted butter, salt, pepper, onion and sage. Bake for two hours. Season the outside with salt and pepper, and sprinkle with flour. Baste with hot water and butter. Make a gravy from the liquid in the pan. Garnish around with boiled onions or stuffed tomatoes.

CALF'S HEAD WITH BRAIN SAUCE.

Soak the head in cold water for two hours. Take out the brains. Scrape the head very clean, then pin in a floured cloth. Put on to boil in salted, boiling water enough to cover. After boiling two hours, add the brains, which have first been pinned in a floured cloth, liver and lights, and boil two hours longer. Remove the cloth from the head and the large bones will slip out. Lay on the platter with the skin side up.

To Make the Brain Sauce.—Take one quart of liquor that the head has been boiled in, one-third of the liver chopped fine; also the brains chopped fine. Melt one-half cup of butter, stir into it five tablespoonfuls of flour. When smooth add the hot liquor, a little at a time. Stir in the chopped brains and liver, then add two tablespoonfuls of vinegar, a half cup of white and red wine. Salt and pepper to taste. A little grated nutmeg, if cared for. Cook ten minutes. Skin the tongue and slice the remainder of the liver, and surround the head with them. Pour over a part of the gravy. Garnish with slices of lemon and radishes cut to represent roses. Send the remainder of the gravy to the table in a dish.

SWEETBREADS.

Sweetbreads are two large glands lying along the back of the throat and in the breast. Those found in veal are considered the best. They spoil very quickly and should be put in cold water for one-half hour and parboiled before using in any form.

To Prepare Sweetbreads.—Put them in cold water. Remove the pipes and membranes. Cook in boiling salted water with one tablespoonful of lemon

juice or one-half tablespoonful of vinegar, for twenty minutes, then plunge in cold water for ten minutes to harden.

FRIED SWEETBREADS.

Cut the parboiled sweetbreads in slices. Dip in egg, crumb and egg again. Fry in deep fat for one minute, or season the slices with salt and pepper. Sauté in hot butter. Garnish with parsley and olives or pickles and slices of lemon.

LARDED SWEETBREADS.

Lard the parboiled sweetbreads in even rows, and bake in the oven until brown, first sprinkling with flour, salt and pepper.

Creamed.—Cut in cubes and serve in white sauce, on toast, patty cases, bread boxes or timbale cases. They may be served in the same way with poulette sauce.

SWEETBREADS SERVED IN RAMQUIN DISHES OR SHELLS.

Cut the sweetbreads in small pieces, mix with a cream or poulette sauce. Butter well the dishes, fill two-thirds full, cover with buttered crumbs and bake in a hot oven for eight minutes. Serve at once. Mushrooms or oysters can be added to them.

TRIPE.

Soak tripe for one-half hour in cold water, changing the water twice, then cook in boiling water for twenty minutes *before cooking in any form.*

BROILED TRIPE.

Dry it after boiling. Dip into melted butter, then season with salt and pepper, and broil for ten minutes. Season again and serve.

TRIPE IN BATTER.

Cut the boiled tripe in two-inch pieces, dip in batter and fry one minute in deep fat. Or fry out several pieces of salt pork and brown in the fat.

Batter.—One egg, one-fourth cup of cold water, one teaspoonful of lemon juice, one-fourth teaspoonful salt, and flour to make a drop batter (a batter that will drop from the spoon, not pour).

POULTRY.

POULTRY AND GAME.

Poultry should be drawn as soon as killed, to be perfectly wholesome. That custom is not used in our markets, but it should be made compulsory for the good of the meat. To tell the age of poultry, press the end of the breast bone. If it is soft and bends easily the bird is young. If the end is hardened it is over a year old. Pin feathers indicate a young bird, and long hair on old one. The skin should be firm, smooth and white. Geese and ducks should not be over a year old, have soft yellow feet, tender wings and thick, hard breast. Wild ducks have reddish feet.

TO CLEAN AND TRUSS POULTRY.

Singe the hair and down by holding the fowl over the gas, or over a roll of lighted paper held over the fire. Cut off the necks close to the body, leaving skin enough to fold over on the back (if to be roasted). Remove the windpipe and crop, then remove everything from the inside that can come out. Be sure that the lungs are taken out. They lie close to the backbone, and are a bright-red, spongy mass. Next take the leg; bend it back slightly, and carefully cut the skin on the joint just enough to expose the sinews without cutting them. Run a fork or skewer under them, pulling them out. The drum stick is much improved by removing the sinews or tendons. Cut out the oil bag in the tail. Wash out the inside very

quickly with cold water, and with a bowl of water and cloth wash the outside. Do not allow them to soak in water, as that will extract the flavor and nourishment.

Cut the gall carefully from the liver. Cut the outer coat of the gizzard and draw it carefully away from the inner sack. Open the heart and wash away the clot of blood. The heart, gizzard and liver are the giblets. All poultry and game are cleaned in this way. Wild ducks, coot and geese should be washed thoroughly with soap and water, as the skin is very oily and can not be cleaned without.

TO STUFF AND TRUSS A FOWL FOR ROASTING.

After the fowl has been prepared as given above, place it in a bowl or platter, put a little of the stuffing in the opening at the neck, the rest in the body, filling out the breast until plump; then draw the neck skin over on the back and sew it, and if the opening of the body is full, sew that up with a coarse thread; if it is not, it is not necessary. Press the legs close to the body and cross over the tail, and tie firmly with twine. Put a long skewer through the thigh into the body and out through the opposite thigh, and another *through* the wings, drawing them close to the body. Wind a string from the tail to the skewer in the thigh, then up to the one in the wing, across the back to the other wing, then down to the other thigh, and tie around the tail. If you have no skewers, the legs and wings can be kept in place by tying firmly to the body with string. Put the fowl on a rack in a pan, rub well with softened butter, dredge with flour, salt and pepper. Put in a hot oven for fifteen minutes, then reduce the heat, add a little hot water to the pan to

prevent burning. Baste with butter and hot water until brown, then baste frequently with the fat in the pan. Cook until the legs will separate from the body. Draw out the skewers and cut the strings. Allow about three hours for an eight-pound turkey. Serve cranberry sauce or jelly with roast turkey, currant jelly with roast chicken and game, apple sauce with roast goose.

STUFFING FOR ROAST TURKEY OR CHICKEN.

For two cups of fine bread crumbs add one-fourth cup of melted butter, one small onion chopped fine, one teaspoonful salt and two teaspoonfuls of mixed herbs, a little pepper. This makes a dry stuffing; if liked moist, add a little hot water or milk.

GIBLET SAUCE.

Boil the giblets in salted water until tender, chop them quite fine, put a tablespoonful of flour in the pan in which the fowl was roasted. Let it brown; then add, stirring constantly, one cupful of the water the giblets were cooked in. Season with salt and pepper, strain and add the chopped giblets, and serve in a gravy boat.

TO DRESS FOWLS OR BIRDS FOR BROILING.

Singe, wipe off with a cloth and cold water, split down the middle of the back, lay open, and remove the contents from the inside.

TO BONE A BIRD, FOWL OR TURKEY.

The skin should be firm and unbroken, and the bird should not be drawn. Remove the head, wash

and singe. Remove the tendons from the legs as directed, loosen the skin around the end of the drum sticks. The work of boning is not difficult, but requires time and patience. Use a small pointed knife. A regular boning knife is the best. Cut the skin down the full length of the back, scrape the meat away from the bone, beginning at the neck, until you feel the shoulder blade, loosen the flesh from this, and then follow the bone to the wing joint, and to the middle joint in the wing. Care must be taken to avoid cutting through the skin at these places, as the skin is very near the bone. Leave the first bone in the wing, then remove the flesh from the breast. Be careful and do not cut through the skin at the ridge, or to cut through the membrane into the inside. Remove the flesh around the second joint, then the drumstick, turning the flesh wrong side out. Turn the bird and do the same on the other side. When the meat is free from the carcass lay the bird on a board, skin side down. Place the flesh in place, sprinkle it with salt and pepper, stuff out the legs and wings with the force meat and fill the bird with it. Draw the skin up and sew it together; turn it over and skewer and tie the legs and wings in position of a trussed fowl; press and tie the body into natural shape, dredge with flour, salt and pepper; cover with several slices of salt pork. Roast, allowing twenty-five minutes to a pound. Baste frequently. Make a gravy by using six tablespoonfuls of the drippings in the pan, one of flour and a cup of cream or white stock. Season.

FORCEMEAT FOR STUFFING BONED FOWLS.

Use the cooked or uncooked meat of another fowl or veal, or a part of both; chop fine. To every cup of

meat add one-fourth cup of bread or cracker crumbs, one-fourth cup of melted butter, one teaspoonful chopped parsley, one teaspoonful of onions, chopped fine, one-fourth teaspoonful each of sage, thyme, pepper, one-half teaspoonful salt, one stalk of celery, chopped fine. Moisten with stock the meat was cooked in, or leftover gravy.

TO BOIL FOWL.

Boiled fowl are sometimes cooked with oysters, bread or chestnut stuffing, but as the stuffing is apt to get wet and soggy, they are better cooked without it. Clean, sprinkle the inside with salt and pepper, put on to cook in boiling water enough to cover, with one teaspoonful of salt and one whole small onion. Simmer until tender. (The time depends upon the age and size of the fowl.) Serve with oyster, celery or caper sauce, using some of the liquor the fowl was boiled in for the sauce. Pour the sauce around the fowl, or garnish with a border of rice.

BRAISED CHICKEN.

Take an old chicken, prepare it for roasting. Dredge with flour, salt and pepper. Brown all over in hot butter or chicken fat, then place in the roasting pan on a bed of sliced onion, carrot, turnip and celery. Cover the top with four slices of salt pork, add two cups of water, cover closely with another pan, roast for three hours, basting often and replenishing the water so as to keep about two cups in the pan. Remove the fowl on a platter, garnish with vegetables and make a gravy of the liquid in the pan. Season to taste. Cook in a pot on top of the stove, if liked.

BROILED SPRING CHICKEN.

Split down the back, remove the entrails and breast bone and the oil bag from the tail. Wipe clean with a cloth and cold water. Rub with soft butter, sprinkle with salt and pepper. Place on a broiler the inside down; broil over a slow fire for twenty-five minutes. When nearly done turn and let the skin side brown. Place on a hot dish, spread with butter, or with maitre d'hotel sauce. Garnish with watercress or parsley and slices of lemon.

TO BROIL A TURKEY.

Select a very small, fat, young one, weighing not over five pounds. Have it split as you would a chicken for broiling. Place it in the roasting pan seasoned with salt, pepper and butter, with a half cup of water in the pan. Cook until the meat is tender, then broil over a rather slow fire. When brown put on a hot platter, spread with butter and season with salt. Save any liquid left in the pan for chestnut sauce to pour around it. If the turkey is unusually young and tender it can be broiled without cooking in the oven.

PANNED CHICKEN.

Prepare the chickens as for broiling. Place them in a pan, skin side up; rub with softened butter; dredge with flour, salt and pepper; put in a hot oven. After ten minutes baste with butter and a *little* hot water. Cook for thirty minutes, baste three times, using not over a half cup of water, the rest butter. Remove to a hot dish and make a gravy from the fat in the pan. Add to it one tablespoonful of flour. When brown, add a cup of thin cream or white stocks.

Cook until smooth, stirring all the time; pour around the chicken.

FRICASSEE CHICKEN.

Cut the chicken in small pieces for serving, put in the pot with warm water enough to cover, one teaspoonful of salt and two stalks or roots of celery. Cook slowly until tender; remove the chicken and strain the celery from the liquor. Fry out half a dozen slices of salt pork, and one onion sliced thin in the frying pan. Butter or chicken fat can be used in place of the pork. When the fat is hot put in the chicken and brown on all sides. Arrange on the platter. Remove the onion from the fat, add two tablespoonfuls of flour to it, and two cups of the liquor gradually. When smooth, add one-half can of peas or the same amount of mushrooms drained from the liquor, cook for five minutes, pour around the chicken and garnish with points of toasted bread or toasted crackers.

CHICKEN STEW WITH DUMPLINGS.

An old chicken is the best. Have it cut in four pieces, and make the same as beef stew.

(See Dumplings, under Beef Stew.)

CHICKEN CURRY (Mrs. Lincoln).

Cut the chicken at the joints, and remove the breast bone, wipe, season with salt and pepper, dredge with flour, and brown in *hot butter*. Put in a stew pan. Fry one large onion, cut in thin slices, in the butter left in the pan till colored, not browned. Mix one large tablespoonful of flour, one teaspoonful of

sugar and one teaspoonful of curry powder, and brown them in the butter. Add slowly one cup of water or stock and one cup of strained tomatoes, or one sour apple chopped, and salt and pepper to taste. Pour this sauce over the chicken and simmer one hour or until tender. Add one cup of hot milk or cream. Boil one minute longer and serve with a border of boiled rice. Rabbit, veal and lamb may be curried in the same way.

SPANISH CHICKEN.

Split tender broilers in halves, rub with salt, sprinkle over with finely chopped cloves and Spanish peppers. Over all put thin strips of bacon or salt pork. Bake in a hot oven till the chicken is tender. Watch carefully that it does not burn. If necessary, add a little water. When tender remove from the pan, add two tablespoonfuls of flour to the fat left in the pan and one cup of thin cream, one-fourth cup of water; cook on top of the stove for five minutes, stirring all the time. Season to taste if salt or pepper is required. Pour around the chickens.

CHICKEN JULIENNE.

Split the chickens down the back as for broiling, lay them breast down in a baking pan, filling the depression inside the ribs with equal quantities of finely minced onion, carrot, celery and peas; season with salt, a little pepper, and several small pieces of butter, add one-half cup of hot water; cook in a hot oven for one-half hour, or till the vegetables are tender; remove the vegetables and turn the chickens over to brown, then make a sauce by adding flour to the

liquid in the pan, and the vegetables and one-half cup of cream; pour around the chicken and garnish with sweet potato croquettes.

CHICKEN FRITTERS.

Cut cold chicken or turkey off the bones in as large pieces as possible. Sprinkle with salt and pepper, dip in fritter batter and fry in deep fat until a good brown, drain on brown paper. Serve with poulette, Bernaise or tartare sauce.

STUFFED CHICKEN OR TURKEY LEGS.

Remove the tendons from the drum sticks, remove the bone, stuff the leg with a force meat. (See forcemeat for boned chicken or turkey.) Draw the skin over the ends and sew securely, keeping the shape. Lay them in a baking pan, cover with boiling water and simmer in the oven until tender—about an hour and a quarter. Remove from the water, let cool, take out the stitches, roll in beaten egg and seasoned fine bread crumbs, then in egg again, and fry in deep fat for one minute. Serve with olive, tartare, celery or currant jelly sauce.

CHICKEN A LA MARYLAND.

Clean the chicken, remove the head and legs. Put it on to cook in a pot of warm water, enough to cover. Cook with it one sliced onion, carrot, turnip, one bay leaf, two cloves, six peppercorns, two celery roots or two or three stalks of celery. Cook slowly until the chicken is tender, then remove the meat from the bones. Cut in two-inch pieces. Cook the stock down to one cup, heat and strain one cup of tomatoes,

melt in a sauce pan two tablespoonfuls of butter, add one table spoonful of flour. When smooth stir in slowly the cup of stock, then the tomato, and the chicken. Cook for ten minutes. Surround with points of toast or serve in fried bread baskets or timbale cases. This can be made in the chafing dish by having the chicken prepared before.

CHICKEN SOUFFLÉ.

Chicken, veal or lamb may be cooked in this way:

2 tablespoonfuls of butter.
1 tablespoonful of flour.
¼ teaspoonful salt.
A little pepper.
1 teaspoonful of chopped parsley.
1 cup of milk, or chicken stock.
1 cup of finely chopped chicken.
10 drops onion juice.
2 eggs.

Make a sauce by melting the butter, then adding flour, salt and pepper. Cook for ten minutes, stirring until smooth. Add the rest of the seasonings to the chicken, mix the sauce and chicken together, then stir in the well-beaten yolks. Stir over the fire for five minutes. Set aside to cool. When cool beat very stiff the whites of the eggs, stir them lightly into the chicken. Put in a buttered pudding dish, bake in a hot oven for twenty minutes. Serve at once in the same dishes. This can be baked in individual ramquin dishes or shells.

PLANQUETTE OF CHICKEN.

An old chicken will do as well as a young one. Cook until tender in boiling water, with a teaspoonful of salt, a small onion, and two stalks of celery. Strain the stock and cook down to one cup. Melt two tablespoonfuls of butter, stir into it one of flour. When

smooth, stir gradually into the stock and one-half cup of cream. Cook ten minutes, then add two well-beaten yolks of eggs, cook five minutes, but do not boil, as it might curdle. Remove from the fire, add two teaspoonfuls of lemon juice; cut the chicken in small pieces, add to the sauce. Serve on toast, surrounded by a border of rice.

CHICKEN A LA BECHAMEL.

Melt two tablespoonfuls of butter. Stir into it one of flour, one-fourth teaspoonful of salt, a little pepper, then add one-half cup each of chicken stock and cream. Stir until smooth, cook for five minutes, then remove from the fire, and beat into it three well-beaten eggs and two cups of chopped chicken. Turn into buttered ramquin dishes or in a baking dish, and bake standing in a pan of hot water about twenty minutes. The water should not boil. Salmon or any kind of white fish can be used in this way.

CHICKEN PIE.

One good-sized, old chicken. Put it in the pot and cover with warm water (use warm water so that part of the nourishment may be in the gravy), add to it two teaspoonfuls of salt, six peppercorns, one onion, sliced, three stalks of celery or the celery root, one carrot and one turnip, sliced. Cook slowly for two hours, or until the meat will leave the bones. Boil the liquor down to two cups. Melt in a sauce pan one-fourth cup of butter, stir into it one tablespoonful of flour, and gradually the two cups of liquor. When that is smooth, stir in one-half cup of thick cream, season with salt and pepper. Pick the chicken mostly from the bones, leaving a few of the small bones to hold up

the pie. Put a layer of the chicken in the bottom of the baking dish, then cover with a layer of the gravy. In the center of the dish place the breast bone to hold up the crust, fill up with the layers, and put a crust on top three-fourths of an inch thick, cutting a slit in the center to let out the steam. Layers of thin-sliced potatoes may be added to the pie, a few truffles or mushrooms, or alternate layers of chicken, oysters and the gravy. The baking dish is often lined with a thin layer of pastry, but it is very apt to be soggy. Bake three-quarters of an hour. To cover the pie use plain pastry, chopped puff pastry, or a rich baking powder biscuit dough.

Veal Pie can be made in the same way.

CHOPPED PUFF PASTE FOR CHICKEN PIE.

2 cups of flour.
½ teaspoonful salt.
1 teaspoonful sugar.
1 cup butter.
1 egg.
¼ cup ice water.
½ tablespoonful lemon juice.

Beat the egg until light, add to it lemon juice and water. Sift all the dry materials together and chop the butter with them. Add the liquid, roll and fold four times. Bake in a hot oven.

ROAST GOOSE.

A young goose four or five months old is the best. Singe, remove the pin feathers, then wash in warm soap suds to cleanse it, and open the pores, then draw it as you would a turkey or chicken. Wash in cold water and wipe dry inside and out. Stuff with a potato stuffing, sew and truss. Put on a rack in the pan, cover the breast with slices of fat salt pork. (The pork fat aids in drawing out the oil.) Place in the

oven for an hour, then take the pan from the oven and pour off all the fat, dredge with flour. When the flour is brown, add a little hot water; baste often. Cook until brown and tender. Make a gravy from some of the fat in the pan, flour and hot water, season to taste. Serve with apple sauce.

POTATO STUFFING.

1 cup mashed potatoes.
1 tablespoonful of onion chopped fine.
1 tablespoonful of sour apples chopped fine.
½ teaspoonful sage.
½ teaspoonful salt.
¼ teaspoonful pepper.

ROAST TAME DUCK.

Singe, clean, remove the crop, oil bag, legs, entrails. Stuff, truss and dredge with flour, salt and pepper. After they have been in a hot oven for ten minutes, add a little hot water to the pan, and baste often. Roast thirty minutes, if liked rare, and forty-five minutes, well done. Stuff with a potato or bread stuffing, or with celery and apples. Serve with an olive or bread sauce.

OYSTER STUFFING.

2 cups of oysters.
1 cup bread crumbs.
1 teaspoonful salt.
¼ teaspoonful pepper.
1 tablespoonful lemon juice.

Pick over and wash the oysters. Mix with the crumbs and seasonings, and stuff any kind of poultry. Turkeys are the best stuffed with oysters.

CHESTNUT STUFFING.

Cut a cross in the shells of one quart of the large chestnuts. Place them in a pan with a teaspoonful

of butter and bake in a hot oven until the shells break open. The skin will come off with the shell. Remove from the shell and cook in boiling water with one-half teaspoonful salt until tender. While hot, mash a few at a time through a colander or potato press. Season with two tablespoonfuls of melted butter, salt and pepper, and moisten with one-half cup of stock.

GAME.

CANVASBACK AND REDHEAD DUCKS.

Pick, singe, draw them, leaving on the head. Cut an opening to remove the crop, and through it draw the head and neck, letting the head come out at the back between the drumsticks. Tie firmly in place. With a bowl of cold water wipe out the inside and outside. Cut off the wing at the second joint. Sprinkle the inside with salt and pepper, dredge the outside with flour, salt and pepper, and cover with thin strips of salt pork. Put inside of the duck a teaspoonful currant jelly, a sour apple, quartered and cored, or a couple of sticks of celery, cut in pieces. Place in the baking pan with a little hot water, and bake in a very hot oven for fifteen to twenty minutes. Wild ducks should be served rare and very hot. Serve fried hominy and currant jelly with the ducks.

The canvasbacks have a purple head and silver breast and are in season from September to May. The redhead is often taken for it.

SALMI OF DUCK OR GAME.

Cut the game in small pieces, put them in a hot oven for five minutes to start the juices. Put in a sauce pan two tablespoonfuls of butter, one-fourth pound of salt pork cut in dice, one tablespoonful of onion and carrot chopped fine, one-fourth teaspoonful each of salt, sage and one bay leaf, ten peppercorns. Cook for ten minutes, stirring often, then add one tablespoonful of flour; let it brown, then add two cup-

fuls of brown stock. Cook very slowly for thirty minutes, strain, add one-fourth cup of madeira and the pieces of game, cover and cook slowly for forty minutes, garnish with croutons and truffles. The truffles should be added five minutes before the salmi is done. Cooked game can be used. Simmer only for ten minutes after it is added to the sauce.

LARDED GROUSE.

Draw, wipe clean, inside and out, lard the breast, and truss. Rub with softened butter, dredge with flour, salt and pepper. Roast for twenty-five minutes. Serve with bread or olive sauce.

POTTED PIGEONS.

Clean and truss them, dredge with flour, salt and pepper. Place them in a stew pan on slices of bacon, the breasts up. Add a carrot and onion cut in dice. Cover with stock or hot water. Let them simmer until they are tender. Serve each pigeon on a thin slice of buttered toast. Make a gravy and pour around them. Melt two tablespoonfuls of butter, stir into it one of flour, gradually stir in the liquor and vegetables left in the boiler, season to taste with salt and pepper.

ROAST PIGEONS OR SQUABS.

To roast they should be young. Draw, clean and truss them, tie thin slices of bacon or salt pork over the breasts, dredge with flour, put a small piece of butter inside. Roast from fifteen to twenty minutes, baste with butter, and a very little hot water. Or they can be split down the back, and covered with

slices of pork or pieces of butter, dredged with flour and roasted in the oven. Serve on slices of toast, garnish with parsley, shoe string, French-fried or Saratoga potatoes.

QUAILS BROILED.

Split down the back. Rub with melted butter, broil over hot coals for eight minutes. Serve on slices of buttered toast, season with butter, salt and pepper.

QUAILS ROASTED.

Draw them and wipe inside and out with a cloth and cold water. Truss, letting the legs stand up. Tie around each one a thin slice of salt pork or bacon. Bake in a hot oven for twenty minutes; baste frequently with butter and a little hot water. Serve on slices of toast. Season with a little salt, pepper and the melted butter in the pan. A *very nice way is to lard them.*

WOODCOCK ROASTED.

Dress, wipe clean inside and out, cut off the feet, tie the legs close to the body. Skin the head and neck and tie the peak under the wings. Tie thin slices of pork or bacon around them. Bake in a hot oven for ten or fifteen minutes. Baste with butter. Clean and cook in boiling salted water the hearts and livers, then pound to a paste, season with salt and pepper. Butter thin slices of toast, large enough for one bird, cover with the paste, place the birds on the toast, moistening them with the butter in the pan. Garnish with watercress or pieces of parsley.

VENISON ROASTED.

It should be wiped clean with a cloth and cold water, and roasted the same as beef or mutton, allowing twelve to fifteen minutes to a pound. Serve with currant jelly sauce and a simple salad.

VENISON STEAK.

Venison steak is cooked the same as beefsteak, serving currant jelly with it or around it on the platter, forming a sauce. The roasting pieces are the saddle and haunch or leg. Steak is cut from both.

ROASTED PARTRIDGE.

Partridges have a white meat and should be well done. Dress and truss, cover with thin slices of salt pork, dredge with flour. Bake about forty-five minutes, basting often with hot water and butter. Place on a hot platter, and surround with coarse crumbs of bread fried in butter, and serve with it a bread sauce.

STEWED PIGEONS.

Clean and wipe the pigeons dry. Make a stuffing of half a cup of pitted olives with the livers chopped fine, a tablespoonful each of finely chopped onion and parsley. Moisten two cups of stale bread crumbs with two tablespoonfuls of melted butter and a little hot water. Season with a tablespoonful of salt, one-fourth teaspoonful of paprica and a tablespoonful of currant jelly. Stuff the pigeons, and truss well with twine. Place in a saucepan two tablespoonfuls of butter. When hot, brown the pigeons in it, then stir into it two tablespoonfuls of flour, and gradually three

cups of boiling water. When smooth, add a small onion, two carrots and two stalks of celery, one teaspoonful of salt, six peppercorns. Cook very slowly, tightly covered, for one hour and a quarter, or till they seem tender. Serve the pigeons on slices of toast. Strain and thicken the gravy and serve separately.

PIGEONS IN CASSEROLE.

Clean and truss the pigeons. Brown in hot butter. Place them in the casserole, pour what butter is left from the sauce pan around them with a tablespoonful each of chopped onion, celery and carrot, and a teaspoonful of salt. Pour in a half cup of dry white wine. Cover and cook in the oven for one hour. Serve on slice of toast that has been moistened with the sauce from the casserole. Garnish with parsley. Served with orange and lettuce salad.

HOT PIGEON PIE.

Bone the pigeons. Brown in butter. Put on to stew with sliced onions, carrots and two stalks of celery cut in half-inch pieces, salt and pepper. Stir into the butter, after the pigeons are removed, two tablespoonfuls of flour; mix till smooth, add two cups of hot water gradually, replace the pigeons and cook slowly till tender; then pour into a baking dish, cover with puff paste, with slits cut in the center for the steam to escape. Bake in a hot oven twenty-five minutes.

ENTRÉES.

Entrées are served between courses, and for regular course.

CROQUETTES.

Croquettes are made of nearly all kinds of meat, fish, vegetables, cheese, eggs and nuts. When shaped flat like a chop they are called cutlets. To prepare them the materials should be cooked tender, well seasoned and finely chopped (a meat chopper is best to use for meat croquettes), mixed together with a creamy sauce, moulded, rolled in bread or cracker crumbs, dipped in slightly beaten egg, rolled in crumbs again (this prevents the fat from getting inside), and fried a rich brown in clear smoking hot fat. They are usually surrounded with a sauce or peas. If not, should be garnished with celery tips, parsley, watercress or small leaves of lettuce.

CHICKEN CROQUETTES.

An old chicken can be used. They are cheaper than young ones, and the flavor is better. Clean the chicken well, and plunge in a kettle of boiling salted water. Place the kettle on the stove where it will have a slow cooking. Add to it one good-sized onion cut in slices, eight peppercorns, two or three roots of celery, or a few of the outside stalks (celery seed may be used in place of celery). A small amount of thyme and bay leaf can be used if desired. Let cook

until tender. Remove from the liquid and when *cold* chop fine and mix with a cream sauce. The liquid should be strained and when cold remove the fat and use for the sauces. *Veal* or *lamb* can be cooked in this way for croquettes.

SAUCE FOR CROQUETTE MIXTURE.

All Croquettes Are Mixed With a Sauce.

1 cup milk, cream or stock.	½ teaspoonful salt.
2 tablespoonfuls butter.	⅛ teaspoonful pepper.
3 tablespoonfuls flour.	

A dash of nutmeg can be used. When stock is used, take one-half cup of milk or cream. Scald the cream, milk or stock in a double boiler, melt the butter in a sauce pan, stir into it the flour and seasonings. When smooth, add it to the scalded milk. Cook ten minutes, stirring frequently. Add it to the chopped mixture, and when cool mould in shape, and dip first in crumbs, then in egg, then in crumbs again. When meat is used, allow about one-half as much sauce as meat. It is well to add the sauce to the meat gradually, so as not to get the mixture too thin. It should be as thin as possible to mould. The beauty of a croquette is to have it creamy inside.

TO PREPARE THE EGG AND CRUMBS FOR CROQUETTES.

Beat the egg slightly until it is thoroughly mixed. Add to it two tablespoonfuls of cold water or milk. Put the bread or crackers through a meat grinder, or roll them. Always sift them. Bread should be thoroughly dry before rolling.

TO MOULD CROQUETTES.

Take a tablespoonful of the mixture, roll lightly between the hands in a ball, roll the ball lightly in bread crumbs and mould with the hands in any shape you like. Dip in the egg, and see that all parts are covered (this prevents the fat from getting inside), lift out on the blade of a knife and again roll in the crumbs. Set aside if possible fully one hour before frying. Croquettes can be made up the day before frying if kept in a cool place and covered.

TO FRY CROQUETTES.

Have a good, clean fat. Let it become smoking hot. It can be tested by a piece of bread. If it colors while counting twenty it is right. Place four or five at a time in the frying basket, plunge in the hot fat and cook until brown. Remove them to a soft paper to drain. Have the fat smoking hot each time before immersing the basket. Croquettes can be fried without the basket, it being much more convenient to use it.

SWEETBREAD CROQUETTES.

Clean the sweetbreads. Cook in boiling salted water with two tablespoonfuls of lemon juice (or one tablespoonful to each pair) until tender. When cold cut in small cubes and mix with sauce. Add one beaten egg to the sauce five minutes before removing from the stove. A couple of tablespoonfuls of finely chopped chicken can be used with the sweetbreads. Chicken or veal stock can be used with the milk to make the sauce or the milk used alone.

MUSHROOM CROQUETTES.

Peel the mushrooms, break in small pieces. Cook in sauce pan with two tablespoonfuls of water and a little salt. Let boil for five minutes, drain from the liquid and use it with *cream* to make the sauce. Add one egg to the sauce. Mushrooms and sweetbreads are often used together. Chicken may be added to either the sweetbreads and mushrooms.

NUT CROQUETTES.

Brazil, English walnuts or pecans can be used. One cup of chopped chicken or veal, one-half cup of nuts chopped fine. Mix with sauce.

EGG CROQUETTES.

Cook eggs in water, just off the boil, for thirty minutes. When cold remove from the shell. Chop the whites fine, sift the yolks, mix together with one egg slightly beaten. Season with salt and pepper and finely chopped parsley or chives. A few cooked mushrooms can be added. Mix with heavy white sauce. Set aside until cold, then mould, dip in the crumbs and egg. Fry. Serve with a white sauce alone or add a few peas, small beans, mushrooms or asparagus tips.

CHEESE CROQUETTES.

One-half cup grated Parmesan cheese, one cup American cheese, grated or cut in small pieces, mix together with a slightly beaten egg. Season with one-fourth teaspoonful of paprica, one-half teaspoonful of salt, mix with heavy white sauce. When cold, shape, dip in crumbs, egg and crumbs again. Fry. These are very nice to accompany a salad.

HOMINY OR RICE CROQUETTES.

Add to one cup cooked hominy or rice while warm one teaspoonful of sugar, the beaten yolk of an egg, a little hot milk or cream to moisten, one-fourth teaspoonful of salt, or moisten with a little tomato sauce. After shaping, press a cavity in the center of each and put in half a teaspoonful of jelly or marmalade. Close the rice over it, mould, dip in crumbs and egg, the same as other croquettes. These croquettes are nice to serve with game.

Corn Meal Mush.—Sliced in plain or fancy shapes, dipped in crumbs, egg and crumbs again and fried in deep fat, is served with game. Before the mush is quite cool it can be molded in croquette shapes, crumbed and egged.

MACARONI AND SPAGHETTI CROQUETTES.

Break in small pieces, plunge in boiling salted water, cook until tender, drain, cool, then cut in small rings. Add to each cupful one tablespoonful of grated cheese, one-fourth teaspoonful of paprica and mix together with a very little heavy white sauce, just enough to hold the mixture together. When cool mould and dip in crumbs, egg and crumbs. Serve with tomato, poulette or mushroom sauce.

OYSTER CROQUETTES.

Pick over carefully, so as to remove all pieces of shell. Rinse through a strainer. Allow them to cook five minutes in their own liquor. Drain. When

cool cut in small pieces. Mix with a sauce made of one-half cream and the rest of liquid the oysters were strained from. Melt two tablespoonfuls of butter in a sauce pan, add to it three tablespoonfuls of flour, one-fourth teaspoonful salt, a speck of pepper. When smooth stir into it gradually the oyster liquor, then the cream. Cook for ten minutes, stirring often, then add a slightly beaten egg. Cook five minutes, mix with the oysters; when cold, egg and crumb. Serve with cream or shrimp sauce.

SHAD ROE CROQUETTES.

Cook the roe in boiling salted water, with one tablespoonful of lemon juice, for twenty minutes. Drain, cut in fine pieces, mix with the heavy white sauce that has had one egg added to and cooked in it for five minutes. Season with salt and pepper. When cold, mould, egg and crumb. Serve with Hollandaise or cucumber sauce.

LOBSTER CUTLETS.

These can be formed in the shape of a croquette or cutlet. Buy a cooked lobster, remove the meat, cut in fine pieces, mix with the heavy white sauce that has an egg cooked in it for five minutes, mould and crumb. Fry. Stick into the small end of the cutlet a claw. Serve surrounded with peas, a white or Hollandaise sauce.

Salmon Cutlets.—Are made in the same way, with the addition of lemon juice and a little chopped parsley. White fish can be used the same.

CLAM CROQUETTES.

One cup of minced clams drained from the liquid. Mix with heavy white sauce made of half cream and half the liquor from the clams. Season with salt and pepper. When cool, mould, egg and crumb. Serve with Bearnaise or tartare sauce.

SWEET AND WHITE POTATO CROQUETTES.

Two cups hot, well-mashed potato, one tablespoonful of butter, a little pepper, one teaspoonful salt, a little celery salt, a few drops of onion juice, one teaspoonful of chopped parsley, the beaten yolk of an egg, add a little cream or milk if not moist enough to mould. Roll in crumbs and egg and crumbs. Fry in smoking-hot fat.

POTATOES IN SURPRISE.

Use for these sweet or white potato croquette mixture. Take one tablespoonful and mould it flat in the hand, about half an inch thick. Drop into the center of it one teaspoonful of creamed chicken, mushrooms or sweetbreads that have been highly seasoned, fold the potato over it and mould, egg and crumb, like other croquettes. Serve with poulette sauce.

CELERY CROQUETTES.

Cut well-cleaned celery in very small pieces, cook until soft in boiling salted water. Drain, mix with a heavy sauce made by melting two tablespoonfuls of butter and stirring into it four tablespoonfuls of flour,

one-half cup of the water drained from the celery and one-half cup of cream, one-fourth teaspoonful salt. Cook for ten minutes, stirring, then add a slightly beaten egg. Cook five minutes, mix with the celery, mould, egg and crumb. These are delicious served with the roast or game course.

TO PREPARE MUSHROOMS.

Mushrooms contain almost as much nutrition as meat. The simplest way of cooking mushrooms is the best. Sherry and madeira are sometimes used with them for flavoring, but to many their flavor, alone, is far preferable. They decay quickly and should not be used unless fresh. Use silver knife for peeling. Wash them, remove the stem and peel the caps. The stems can be boiled separately and the water used to flavor sauces or soups.

Saute Mushrooms.—Cut or break the caps in pieces, put them in a sauce pan or chafing dish with some butter. Let cook in the butter for ten minutes. Season with salt and pepper and a little sherry if you like. Serve on toast.

CREAMED MUSHROOMS.

Break the caps in small pieces. Cook with a very little water for five minutes, then add one-half cup of cream that has had a tablespoonful of flour mixed with it, one-fourth teaspoonful of salt and a little pepper, add a tablespoonful of butter. Cook ten minutes. This amount of cream and seasoning for one pound of fresh mushrooms. Serve on toast, or as filling for

patty cases, timbale cases or bake ten minutes in ramquin dishes, covered with buttered crumbs.

MUSHROOMS A LA POULETTE.

Stew the mushrooms in a little water with a tablespoonful of butter. Season with salt and pepper. When tender add a little chicken stock and cream and the beaten yolks of two eggs. Stir until it thickens. Serve at once.

BROILED MUSHROOMS.

The largest size should be used for broiling. Peel them and remove the stem, brush over with melted butter, broil as you would steak, for about five minutes. Place on buttered toast, season with salt, pepper and butter and a little chopped parsley.

TO PREPARE CALF'S BRAINS.

Soak for an hour in cold water, then cook slowly in boiling water for twenty minutes with a tablespoonful of vinegar or lemon juice. Slice of onion, a little thyme, bay leaf, salt and peppercorns. Place again in cold water to blanch, remove the skin and fibers and cook by any of the receipts given for sweetbreads.

CHICKEN A LA DUXELLE.

For a chicken weighing three pounds use two cups of stock or water, two tablespoonfuls butter, two tablespoonfuls flour, one teaspoonful chopped parsley, a few drops of onion juice, one teaspoonful lemon juice, one teaspoonful salt, pepper, crumbs. Cut the

chicken as for fricassee, sprinkle with the salt and pepper. Melt the butter, add the flour and seasonings, gradually the stock, stirring all the time, dip the chicken in the sauce, then roll in fine crumbs, sprinkle over lightly with salt and pepper, place in baking pan. Cook thirty minutes in hot oven. Serve with Bèchamel, mushroom or poulette sauce. Garnish with thin pieces of toast cut in fancy shapes.

PRESSED CHICKEN.

Boil an old chicken in as little water as possible until the meat slips from the bones. Remove the skin, pick the meat apart, remove all the fat. Season the liquor highly with salt, pepper and celery salt, or cook a few stalks of celery with the chicken. Cook down to one cup. Butter a mould; decorate it with slices of hard-boiled egg, truffles, sliced pickles and olives, if liked. Pack the meat in, mixing the light and dark. Over each layer of meat pour some of the liquor, until all is used. Set away until cold, with a weight on top. When ready to serve remove from the mould. Garnish with lettuce, parsley, watercress, hard-boiled eggs cut in halves, radishes or olives.

SCALLOPED CHICKEN OR TURKEY.

Take equal parts of cold chicken or turkey and boiled rice or macaroni. Put in layers in a baking dish, cover with poulette or tomato sauce, well seasoned. Cover with buttered crumbs. Bake until the crumbs are a rich brown.

CHICKEN TIMBALE.

Chop the meat from the breast and second joints of an uncooked chicken by passing it through the meat

chopper several times. To one cup of the meat add five eggs, one at a time, beating them in thoroughly. Then add one teaspoonful salt, one-eighth teaspoonful pepper, a little celery salt and one-half cup of fresh mushrooms, if convenient. They can be omitted. Two cups of heavy cream. Decorate a well-buttered mould with slices of hard-boiled egg or truffles. Turn in the mixture and cover with a buttered paper. Cook standing in a pan of hot water until the center feels firm to the touch, from thirty to forty-five minutes. It can be cooked either on top of the stove or in the oven. Do not let the water boil. Put the bones of the chicken on to cook in cold water enough to cover, season highly with soup seasonings and cook slowly on the back of the stove for three hours. Reduce the stock to one cup, strain and use with one-half cup of cream thickened with two tablespoonfuls of flour that has been added to two tablespoonfuls of melted butter. Season to taste and pour around the timbale when ready to serve.

Individual Moulds.—Can be decorated with hard-boiled eggs, cut in fancy shapes, truffles, pickles or peas, and filled with the same mixture. Cook from fifteen to twenty minutes.

Macaroni Timbale.—Cook until tender in boiling salted water long sticks of very fine macaroni or spaghetti. When soft lay carefully on a napkin to cool. Butter well a mould, wind the macaroni around it, pressing it gently into the butter to hold it, then fill up carefully with the timbale mixture.

HONEYCOMB TIMBALE.

Cook in boiling salted water the largest-size macaroni. When tender remove to a cloth to cool, then

cut in pieces one-half an inch long. Butter a dome-shaped mould or bowl thickly, cover it with the macaroni by sticking each piece into the butter, one at a time, as closely together as possible. Fill with the chicken timbale mixture.

MACARONI AND CHEESE TIMBALE.

Line the mould with cooked macaroni and fill with the following mixture: One cup of cooked macaroni, cut in small pieces, one-half cup of grated cheese. Stir these into a sauce made by melting two tablespoonfuls of butter, stirring into it two tablespoonfuls of flour, one cup of milk. When smooth add one-half teaspoonful salt and paprica. Stir in two eggs slightly beaten, mix with the macaroni and cheese, fill up the mould and poach in hot water until firm. Serve surrounded by a white sauce.

TURBAN OF MACARONI AND HAM.

Let three-fourths of a cup of macaroni boil rapidly in salted water till tender, drain, rinse in cold water and cut in small pieces, mix with the macaroni one-half cup of chopped ham, one-half teaspoonful of salt, a little paprica, three beaten eggs, one cup of milk or thin cream. Turn in buttered moulds and bake, setting in a pan with a little hot water until the mixture feels firm to the touch. Let cool a few minutes. Turn from the moulds and surround with a tomato or white sauce.

HAM TIMBALES.

Soak one tablespoonful of fine bread crumbs in one cup of thin cream for half an hour, then add two

well-beaten eggs, one cup of finely chopped cooked ham, one-half cup of milk, one-half teaspoonful of mustard and one-fourth teaspoonful of salt. Turn into well-buttered timbale moulds, or use one large mould. The moulds can be decorated with slices of hard-boiled eggs, cut in fanciful shapes. Cook, setting the moulds in a pan of hot water till the centers are firm. Serve with a white sauce.

BOUDANS.

1 lb. of cooked chicken breasts (2 cups).	½ cup of butter. ¼ cup salt pork.

Put the meat and pork through the grinder, add to it three eggs, beating in one at a time until smooth and light, add a teaspoonful of onion juice and one of salt, pepper to taste, add one-half cup of the liquor the chicken was boiled in, cook in well-buttered moulds, either one large one or small ones, as you would a timbale. Serve with a sauce made of one-half cup of chicken stock, one-half cup of cream and one-half cup of canned mushrooms, seasoned and thickened with two tablespoonfuls of flour that has been added to two tablespoonfuls of melted butter.

ASPIC JELLY.

1 fowl.	2 large onions.
1 shin of beef.	3 carrots.
1 knuckle of veal.	4 stocks of celery.
5 cloves.	2 turnips.
1 bay leaf.	1 cup of sherry or madeira.
2 tablespoonfuls salt.	6 peppercorns.
1½ packages of gelatine.	

The wine can be omitted. Put the meats in a kettle just covered with cold water and simmer for five hours. An hour before removing from the fire, add

seasonings and vegetables that have been browned in marrow from the soup bone or butter, strain the stock; it should be cooked down to two quarts. When cold remove *all* the fat, and stir into it the beaten whites of two eggs, clear as you would clear soup stock, then add the gelatine, which has been softened in cold water. *Aspic jelly* can be made from any soup stock by clearing it and adding gelatine.

TO MOULD IN ASPIC JELLY.

Pack the mould in a pan of broken ice; have it set in the pan firm and straight; pour in a little of the jelly; when firm, garnish with hard-boiled eggs, vegetables, macaroni, nuts, olives, pickles, truffles, all cut in fancy shapes. Fasten each piece in place with a few drops of jelly, and when hard, add a little more jelly to cover. Then place whatever you wish to mould in the center carefully, pour in a little more jelly to hold it; when hard fill up the mould with the jelly. To decorate on the sides, dip the ornaments in the jelly and place on the sides after the mould is very cold. All kinds of meat, game or fish can be moulded in this way, either in one large mould or in individual moulds. A whole tongue is very nice moulded in Aspic.

TO UNMOULD JELLY.

Dip the mould quickly in *warm* water, put the dish over it and invert dish and mould together; garnish with some of the jelly cut in small pieces, parsley or any green. *Nasturtiums,* with the leaves, make a very effective garnish.

CHICKEN CHARTREUSE.

Mix finely chopped cooked chicken (or any meat) that has been highly seasoned, with a cream, or poulette sauce, or left-over sauce from the meats; line a *well-buttered* mould with hot cooked rice an inch thick, fill the center with the meat and cover the top with rice, cover the mould and cook standing in hot water for forty-five minutes. Serve surrounded by a tomato sauce. A *very* nice way of using up left-overs.

CHICKEN TERRAPIN.

To be cooked on the chafing dish or over hot water. Cut one cold chicken and one parboiled sweetbread quite fine; make one cup of cream sauce by using two tablespoonfuls of butter melted, adding to it two of flour, one cup of thin cream; season with salt and pepper, then put in the meat; when heated, add the yolks of two beaten eggs; cook five minutes, then add a wine glass of sherry or madeira. Serve.

MOCK TERRAPIN.

2 ducks.
1 lb. calf's liver.
1 onion.
3 stalks celery.
2 cloves.
1 tablespoonful salt.
6 peppercorns.
Sprig of parsley.

Clean the ducks and put them on to cook in boiling water with the liver and seasonings; cook slowly until tender; remove from the kettle when cold. Cut ducks and liver in dice, mash the hard-boiled yolks of six eggs to a smooth paste, add gradually a cup of thick cream, melt three tablespoonfuls of butter in a sauce pan, add two tablespoonfuls of flour, one-half cup of milk, stir until smooth, gradually stir in the

egg yolks and cream, stir constantly until it reaches the boiling point, season with salt and pepper, then add the meat, heat and serve.

CHICKENS, PIGEONS OR GAME OF ANY KIND IN CASSEROLE.

Singe and draw them; wipe dry; sautè to a rich brown in frying pan, using butter, bacon or pork fat; then place in a casserole; add to the fat in the pan two tablespoonfuls of flour and two cups of stock, chicken, veal or beef stock; season with salt, pepper, a teaspoonful of parsley or cloves, chopped fine, a half teaspoonful of onion juice. Cook the sauce for a few minutes. Turn it into the casserole, put on the cover and cook slowly in the oven about two hours, according to the tenderness of the fowl or game. Skin off the fat, and if game, add half cup of stoned olives that have been heated or two tablespoonfuls of capers. Serve in the casserole.

CHICKEN LIVERS.

Put in the chafing dish or sauce pan (over the fire) two tablespoonfuls of butter. When hot add the livers cut in pieces. Turn them to brown on all sides, dredge with flour, add a cup of stock after they have been cooking five minutes; season with salt and pepper, add one-fourth cup of madeira or sherry, a few stoned olives. Serve on toast.

Chicken Livers may be cooked in butter until brown, sprinkled with flour, add cream and seasonings.

SALMI OF DUCK OR GAME (Mrs. Lincoln).

Cut the meat from cold roasted game or duck into small pieces. Break up the bones and remnants,

cover with stock or cold water, add a pinch of herbs, two cloves and two peppercorns. Boil down to a cupful for a pint of meat. Fry two small onions cut fine in two tablespoonfuls of butter till brown, add two tablespoonfuls of flour, stir till dark brown. Strain the liquor in which the bones were boiled and add it gradually to the butter and flour; add more salt if needed, one tablespoonful of lemon juice, two tablespoonfuls of Worcestershire sauce and the pieces of meat. Simmer fifteen minutes; add a dozen mushrooms and a glass of claret, if you like, or the juice of a sour orange. Serve hot on slices of fried bread. Garnish with parsley and slices of orange, or serve canned peas in the center with the meat on toast around them.

MEAT PIE.

Cut cold-cooked meat into thin slices, remove all the gristle, put in baking dish, cover with gravy or tomato sauce. Season well. Spread a crust of mashed potato over the meat, brush over with beaten egg and cook in a hot oven for twenty minutes.

MEAT PIE (No. 2).

Put layers of cooked sliced meat and potato in a baking dish (other vegetables can be used if liked); cover with a gravy; season and spread over with a plain pastry rolled one-half inch thick; bake in a hot oven for thirty minutes, or covered with a baking powder biscuit dough.

BEEF LOAF.

Put through the meat grinder two pounds of beef from the top of the round. Add one-half cup of

cream, the yolks of two eggs and the white of one, one-fourth cup of melted butter, two teaspoonfuls of salt, one-half teaspoonful of sage, one-fourth teaspoonful of pepper. Pack solidly in a bread pan and bake from thirty to forty minutes. When cold, slice thin, garnish with sliced pickles or olives.

SPANISH RICE.

Cut cooked mutton or lamb in thin slices or cubes. Place in a baking dish a layer of meat, sprinkle lightly with salt and pepper and cover a quarter of an inch thick with cooked rice, then with tomato sauce, and so on until the dish is full. Spread buttered crumbs over the top; bake in a quick oven for twenty minutes.

RAGOUT OF MUTTON OR LAMB.

Two pounds from the neck of mutton or lamb, cut in inch pieces. Put two tablespoonfuls of butter into a frying pan, add one onion cut in thin slices, one good-sized carrot sliced, and the meat well browned, being careful that it does not burn; then stir in two tablespoonfuls of flour and gradually add a cup and a half of water, teaspoonful of salt, one-fourth teaspoonful of pepper, tie in a piece of muslin a sprig of parsley, half a bay leaf and a clove (remove before serving). Cover closely and simmer for two hours. Add one-half can of peas ten minutes before serving. This can be cooked in a casserole dish.

Cooked mutton or lamb may be prepared in the same way, cooking slowly one hour.

LIVER LOAF.

Put a calf's liver through the meat grinder, season lightly with salt, pepper, a dash of cayenne and nutmeg and three eggs, one-fourth cup of melted butter; mix well together, put into a well-buttered mould or bread pan, bake standing in a pan of hot water for one hour. Serve cold, garnished with slices of hard-boiled egg and pickles or olives. Or serve hot with a brown sauce.

TO BROIL VENISON STEAK.

Cover with *melted butter* and then broil as you would other steaks. Season with salt, pepper and butter, or cover with maitre d'hotel sauce. Serve at once.

SWEETBREADS A LA TOURAINE.

Parboil two sweetbreads; melt three tablespoonfuls of butter, sautè the sweetbreads in it with two good-sized slices of onion and one carrot sliced. When browned remove the sweetbreads to a baking pan, add two tablespoonfuls of sherry, one-half cup rich stock, cook in the oven for half an hour, basting often. Mash a pint of cooked peas through a sieve, reheat, allowing the water to cook out of them, season with butter, pepper and salt, shape into nests (on the platter, one for each sweetbread). Arrange the sweetbreads in the nests and pour around them the following sauce: Sautè six fresh mushrooms, cut in strips, in butter; stir in two tablespoonfuls of flour; when blended with the butter add a cup of thick cream and the gravy left in the pan after cooking the sweetbreads. A nest of the whole peas may be used.

HAM PUFFS.

2 cups water.
4 eggs.
2 cups flour.
½ cup finely chopped cooked ham.
½ teaspoonful curry powder.
¼ teaspoonful salt.
A little cayenne or paprica.

As soon as the water boils stir into it the flour; beat well; stir until the batter leaves the sides; remove from the fire; beat in the eggs one at a time; add the ham and seasonings. Drop the batter from the tip of the spoon into smoking-hot fat; cook until brown; drain on soft paper. Serve with white sauce or cabbage salad.

TERRAPIN.

The best terrapin are the "Diamond Back," from Chesapeake Bay. Very good ones are taken in Long Island waters and along the seacoast. The season for eating them is from December to April.

TO PREPARE TERRAPIN.

Drop the live terrapin into boiling hot water; let them remain for twenty minutes; remove the skin from the head and feet by rubbing with a cloth; wash in several waters; then put into fresh boiling water; cook until tender. This is shown by pressing the feet between the fingers. If they are not tender in an hour's cooking they probably are not good; the meat will be stringy and tough. Remove as soon as tender. When cold cut off the nails, remove the shells, very carefully take the gall sacks from the liver (if the sacks be broken, so the liquid touches the liver or meat, it will give a very disagreeable, bitter taste). Remove the entrails, lights, heart, head, tail and

white muscles; separate the pieces from the joints, divide the meat in pieces an inch and a half long. Do not break the bones. Place the meat, terrapin eggs and liver in a stew pan, cover with boiling water and boil until the meat is ready to drop from the bones.

STEWED TERRAPIN.

Mash the yolks of six hard-boiled eggs to a paste; mix them with one-fourth cup of butter; stir this into two cups of hot cream; cook in double boiler; stir until smooth; season with salt, paprica and a dash of nutmeg; add one quart of the cooked terrapin and cook for fifteen minutes. Just before serving add two tablespoonfuls of sherry. Serve in very hot soup plates.

TERRAPIN A LA NEWBURG.

Put in a double boiler or chafing dish one quart of terrapin, one cup of cream. When it is well heated through add to it the well-beaten yolks of four eggs, mixed with one cup of cream; stir until it thickens; season with salt, pepper, paprica and two tablespoonfuls madeira or sherry just before serving.

COCKTAIL OF LITTLE NECK CLAMS AND OYSTERS.

Chill thoroughly one-half dozen of little neck clams or oysters for each person; mix one tablespoonful of lemon juice, one tablespoonful of mushroom catsup, six drops of tobasco sauce, a little paprica, one-fourth teaspoonful of salt, two teaspoonfuls of horseradish; allow a tablespoonful and a half for each person. Serve in sherry glasses, grape fruit, lemon and orange shells, fresh tomatoes or peppers.

BAKED BANANAS.

Select small bananas, pull down a section of the skin and remove the coarse threads, cover with the skin and lay them in an agate pan, bake until the skins turn black. Remove the pulp from the skin and cover with a Sultana Sauce.

SULTANA SAUCE.

Pick over and wash one-half cup of Sultana raisins, cook until plump and tender in boiling water, mix two tablespoonfuls of flour with a cup of sugar and one-fourth teaspoonful of salt, pour onto this one and one-half cups of boiling water, stir until smooth and boil for ten minutes, then add the raisins, that have been drained from the water they were cooked in, a few gratings of lemon peel and two tablespoonfuls of sherry or brandy.

FRITTERS.

FRITTER BATTER (Mrs. Lincoln).

Yolks of two eggs well beaten, add one-half cup of milk or water and one tablespoonful of olive oil, one-fourth teaspoonful of salt, one cup of flour, or enough to make it a drop batter. When ready to use add the whites of the eggs beaten stiff. If intended for fruit, add a teaspoonful of sugar to the batter; if for clams, tripe or meat, add one teaspoonful of lemon juice. This batter will keep several days.

OYSTER FRITTERS.

Cook the oysters until they are plump; drain from the liquor (use the liquor instead of milk to make the batter). Dip each oyster into the batter; fry until brown in deep fat.

PEACH FRITTERS.

Select large, fine peaches; skin and halve them; dip in batter and fry.

CLAM FRITTERS.

Chop the clams; mix with the batter; drop from a spoon into the fat. Use some of the clam water to make the batter in place of the milk.

BANANA FRITTERS.

Cut the banana in two-inch pieces, dip in the batter and fry a rich brown; drain on paper. Serve with or without a sauce.

ORANGE FRITTERS.

Slice in half-inch slices, dip in batter and fry the same as banana fritters.

APPLE FRITTERS.

Pare and core the apple, slice in half-inch slices, dip in batter and fry. Any of these fritters can be sprinkled with powdered sugar and served with a sauce. It is better to steam the apples a few minutes.

VEGETABLE FRITTERS.

Cook the vegetables until tender, cut in small pieces, dip in the batter and fry.

QUEEN FRITTERS.

Make the same mixture as for cream puffs, drop from a spoon into hot fat, cook until brown, drain. Serve with a sauce.

SAUCE FOR FRITTERS.

Mix two tablespoonfuls of flour, one-fourth teaspoonful of salt with a cup of sugar; pour over it one cup of boiling water, stir and boil for ten minutes; then add one tablespoonful of creamed butter, two tablespoonfuls of sherry or madeira, or flavor with a tablespoonful of lemon juice, nutmeg or the juice of half an orange and a few drops of lemon juice. *Fritters* are served as an entreé or dessert.

BATTER FOR TIMBALE CASES OR FONTAGE CUPS.

Yolks of two eggs well beaten, half a cup of water, one-fourth teaspoonful of salt, one tablespoon-

ful of olive oil, one cup of flour, or enough to make a thin batter. Let it stand for two or three hours before using. Have a kettle of hot fat, place the iron in the fat until it is very hot, or until the fat smokes, letting the iron heat up with the fat; remove the iron from the fat and quickly wipe a little of the fat from the mould; dip it in the batter until it is coated, place again in the hot fat, cook a delicate brown, drain on soft paper. Be careful in cooking them that the iron does not touch the bottom of the kettle, as that will break them at the bottom. Use them to hold creamed meats, mushrooms, vegetables, fish or anything that you care to serve individually.

BREAD BOXES.

For these use stale bread; cut from a loaf slices an inch and a half thick, trim off the crusts, making a trim thick slice; cut out a square from the inside, making a box to hold creamed meats or vegetables. Cover the boxes with melted butter and brown in the oven. These can be cut in rounds, squares, hearts, diamonds or any fancy shapes.

VEGETABLES.

When convenient, vegetables should be freshly picked and thoroughly washed. The most simple ways of cooking them are the best; they then retain their own flavor. Most all vegetables should be cooked in boiling salted water, and removed from the stove as soon as done, as over-cooking will make them soggy. Green vegetables keep their color better by cooking without a cover. The time for cooking depends upon their freshness and the altitude. A high altitude requires a longer cooking. They should be seasoned with salt, pepper, butter, cream and sauces. Fresh green vegetables that contain sugar should have a *small quantity* of sugar added to the seasoning to replace that which is boiled away in the water. *One vegetable,* besides the potato, is served with the meat course; other vegetables, like egg plant, stuffed tomatoes and peppers, artichokes, mushrooms, macaroni and many others, can be served as a separate course.

POTATOES.

To Boil Potatoes.—Wash them well with a brush, pare them and drop at once in cold water, having them uniform size so they will be done together. Put them on to cook in boiling salted water, about half a teaspoonful of salt to a quart of water, boil slowly till they are done (as violent boiling breaks them). Then drain off all the water, return to the back of the stove, shake gently to allow the steam to escape, sprinkle with a little salt and serve on a hot dish. Po-

tatoes cooked in this way will always be light and palatable.

OLD POTATOES.

In the spring of the year the potatoes become withered (the water evaporates from them); they should then be pared and allowed to soak in cold water two or three hours before cooking, so that they may take in some of the water they have lost.

NEW POTATOES.

New potatoes are boiled with the skin on. As soon as they are done peel them and dry on the stove; season with salt alone, or cover them with a little melted butter and a sprinkling of finely chopped chives or parsley; just a little cream, pepper and salt make a nice dressing, or cover with cream sauce.

MASHED POTATOES.

Boil and dry the potatoes as directed, mash them in the same dish in which they are boiled. For two cups of potato use one-half cup of milk or cream, heated with two tablespoonfuls of butter and a teaspoonful of salt; add slowly to the potato, beating all the time; when very light and foamy, pile into a hot serving dish, but do not smooth them over, as that will make them heavy.

RICED POTATO.

Press well-seasoned, lightly mashed potato through a potato ricer onto the serving dish. Serve broiled meats around a mound of riced potato.

POTATO CAKES.

Mix a well-beaten egg with seasoned mashed potatoes, mould in cakes, dip in melted butter and brown in the oven, on a buttered pan, or sauté in butter or bacon fat; garnish with parsley.

POTATO ROSES.

Use well-seasoned, hot mashed potatoes, add to two cups of the potato the yolks of two eggs and the white of one well beaten, place in a pastry bag with a tube having a star-shaped opening; *force* out the potato from the tube with a gentle pressure, guide it around in a circle until it comes to a point, have them small, brush them over lightly with beaten egg, brown them in the oven by placing them onto a well-buttered pan, or garnish a planked fish with them. If browned on a pan remove them carefully with a broad-bladed knife.

POTATO SOUFFLE.

Two cups of hot seasoned mashed potato, fold lightly into it the stiffly beaten whites of two eggs, turn at once into well-buttered dishes, individual dishes, paper boxes or one large flat dish can be used; brown in a hot oven for fifteen minutes. Serve at once with fish, meat or entrèes. The potato can also be baked in a well-buttered border mould, then turned into a hot dish and the center filled with creamed meats, mushrooms or fish.

CREAMED POTATOES.

Cut cold boiled potatoes into cubes or thin slices, make a cream sauce in double boiler, season well with

salt and pepper, heat the potatoes in the sauce for fifteen minutes. Serve on a hot dish with a sprinkling of chopped parsley or chives over them.

SCALLOPED POTATOES.

Butter a baking dish, cover the bottom with a layer of cooked sliced cold potato, then with a layer of cream sauce, and so on until the dish is full; sprinkle buttered crumbs over the top, brown in a hot oven.

DELMONICO POTATOES.

Cut cold boiled potatoes into small cubes, butter a baking dish, or individual dishes or cases, cover the bottom with a layer of potato, then with a layer of cream sauce; sprinkle over with grated or thinly sliced cheese and a little paprica; fill up the dish with the layers, having the cheese on top, bake in a hot oven from ten to fifteen minutes, according to the amount baked. These potatoes are delicious served with broiled meats.

POTATOES A LA BECHAMEL.

Cut cold potatoes into cubes as for Delmonico potatoes, bake in buttered dishes, cover the layer of potato with Bèchamel sauce and sprinkle buttered crumbs over the top, brown in a hot oven for fifteen minutes.

VIENNESE POTATOES.

Add to two cups of hot, seasoned mashed potato the yolks of two eggs and the white of one well beaten, and one-half cup of grated cheese; mould into small

balls and roll the balls into long shape, thick in the center, with pointed ends, roll on a slightly floured board, brush over with slightly beaten egg, lay on well-buttered pan one inch apart, make two slanting cuts on the top of each, again brush over with egg, brown in a hot oven; remove carefully on a broad-bladed knife. Garnish broiled meats or fish.

MASHED POTATOES MILANESE.

Peel the potatoes, boil in boiling salted water till tender, drain and shake over the stove until the steam has escaped, mash till smooth and creamy, moistening all the time with chicken stock; season with salt and pepper and add cream enough to enable to beat with an egg beater; pile in a dish without smoothing, sprinkle grated cheese over the top, brown in a hot oven.

POTATO BALLS.

To make the balls, use a potato scoop, pare and wash the potato, press the scoop well into the potato and then turn it to form the ball (cook at once the scraps left from the potato and use for mashed or creamed potatoes). Cook till tender in boiling salted water. Serve with butter, pepper and salt or in cream sauce, or maitre d'hotel sauce. These make a pretty garnish to serve as a mound, cannon-ball style, on top of boiled, broiled or baked fish.

FRIED POTATO BALLS AND STRAWS.

Cut the potatoes with the scoop for the balls, and in slices, then in thin strips for the straws; soak in cold water for one hour, dry between towels, fry a

few at a time in smoking hot, deep fat, drain on soft paper, season with salt.

FRENCH-FRIED POTATOES.

Cut raw potatoes in half-inch slices, then half-inch strips, soak in cold water for an hour, dry, and fry in smoking hot fat. Season with salt.

POTATO NESTS.

Prepare the potato as for straws, arrange them in nest shape in a wire utensil that comes for the purpose (it is a wire formed in the shape of a nest); fry in deep fat, remove from the form, drain and fill with creamed fish, meats, or mushrooms; garnish with parsley.

WALDORF POTATOES.

Cut raw potatoes round and round, the same as you would pare an apple; fry in a basket in deep fat; drain on a paper, season with salt, garnish a roast or fish with them.

POTATO CHIPS.

Shave raw potatoes in thin slices. A potato slicer is much the better to use. Soak in cold water for one hour, dry between towels, fry in deep fat, drain on soft paper, sprinkle with salt.

Cut raw potatoes in hearts, crescents and other fancy shapes by using cookie cutters and the French vegetable knife, first cutting the potatoes in slices; fry in deep fat or cook in boiling salted water. Serve with cream sauce.

HASHED BROWNED POTATOES.

Cut cold cooked potatoes into small cubes. Put into a frying pan slices of salt pork cut thin; when they are well browned remove them and put in the potato; with a knife press it into a mound; when it has browned on one side, with a wide-bladed knife turn and brown on the other side. Serve on a hot dish. The pork gives a very delicious flavor to the potatoes.

FRIED POTATOES.

Cut cold boiled potatoes into slices half an inch thick, fry till brown on both sides in a frying pan that is well greased with salt pork or bacon fat, season with salt and a little pepper.

FRANCONIA POTATOES.

Wash and pare the potatoes, put them in the pan with the meat and baste when the meat is basted. Serve on the platter with the meat.

LYONNAISE POTATOES.

Cut cold boiled potatoes into cubes, season with salt and pepper. Sautè one tablespoonful of finely chopped onion in two tablespoonfuls of butter until a light brown, then add the potatoes and stir with a fork until they have absorbed all the butter; add one-half tablespoonful of finely chopped parsley. Serve on a hot dish.

BROILED POTATOES.

Pare and cut in slices one-quarter of an inch thick. Broil on both sides till tender, season with

butter, pepper and salt, or use cold boiled sweet or white potatoes, cut them in slices, dip in melted butter and broil till a delicate brown; season with salt and pepper.

BAKED SWEET AND WHITE POTATOES.

Select potatoes of uniform size, wash and scrub them with a brush, place in a pan and bake till soft. Break the skin to allow the steam to escape. Serve at once uncovered.

STUFFED POTATOES.

Bake four potatoes; when tender cut in halves lengthwise and scoop out the inside; mash and beat till very light; season with a tablespoonful of butter and cream, one-fourth teaspoonful of salt and fold into the mixture the white of two eggs which have been beaten stiff; fill the skins, heaping it lightly on top; replace in a hot oven and brown.

STUFFED POTATOES (No. 2).

Bake the potatoes, cut a piece off the top of each, remove the inside, season, mash and mix with any chopped meat or grated cheese (the cheese is very delicious); replace in the potato, letting it come a little over the top of the potato, brush the top over with melted butter and brown in the oven.

SWEET POTATOES, SOUTHERN STYLE.

Cut cold, baked or boiled sweet potatoes in quarter-inch slices, cover the bottom of a baking dish with a layer of the potato spread quite thickly with pieces

of butter, and scatter over a little sugar and salt; season each layer in this way, having the sugar on top. Bake in the oven until heated through and browned slightly.

GREENS.

Greens should be well picked over, wash in several cold waters, put on to cook without water, the water that clings to the leaves is sufficient to cook them; sprinkle over them a teaspoonful of salt and cook slowly, uncovered, until tender; drain, chop fine, garnish with hard-boiled eggs cut in slices or eighths, or run the yolks through a potato ricer, and sprinkle over the top; cut the whites in rings and place around the outside. Season with butter and a little pepper and salt.

SPINACH.

Cook and prepare the same as greens, or after chopping mix with butter, a little cream, garnish with egg and points of toast, or form in a mound, cover with buttered cracker crumbs, brown in the oven and surround with broiled chops. Spinach is very nice served in bread boxes.

SPINACH SOUFFLE.

Take one cup of spinach (prepared as directed above with the cream and butter), add to it the stiffly beaten whites of two eggs, fill individual dishes or paper boxes with the mixture (about two-thirds full), place in a hot oven for ten to fifteen minutes. Serve at once with a roast or broiled meats.

SPINACH TIMBALE.

Mix one cup of cooked spinach that has been finely chopped and pressed through a coarse sieve with one-half cup of thin cream, one-fourth teaspoonful of salt, and two beaten eggs, a little pepper. Bake in one large mould or in individual molds, setting in a pan of hot water on top of the stove, or in the oven, until the center is firm. Let stand a few minutes before removing from the mould; serve with or without a sauce.

CABBAGE.

Take off the outside leaves, cut in quarters, wash and soak in cold water for one hour, drain and put on to cook in boiling salted water with a fourth teaspoonful of soda. The soda helps to make it more digestible. When tender drain, cut or chop fine, season with butter, hot milk or cream, salt and pepper, or mix with a white sauce and cover with buttered crumbs, brown in the oven.

CABBAGE BAKED WITH CHEESE.

Cold cabbage can be used; chop cooked cabbage fine, put in a baking dish layers of cabbage, white sauce and cheese, well seasoned, having the cheese on top; brown in a hot oven.

ROUTH KROUTH.

Cut red cabbage in halves, soak in cold water, then shave in thin slices, put on to cook in the following mixture: For every two cups of cabbage use two tablespoonfuls of butter, the same amount of vinegar, one-half teaspoonful of salt, little pepper, two cups

of boiling water; cook slowly till tender. Serve hot or cold.

CAULIFLOWER.

Trim off the outside leaves, cut the stalk even with the flower, let it soak upside down in cold salted water for half an hour to draw out any insects, cook the same way as cabbage. Serve with white, Hollandaise, Bechamel sauce or drawn butter; or serve in any of the ways as directed for cabbage.

CAULIFLOWER ITALIAN.

Trim off the outside leaves, soak the cauliflower in cold water for an hour, then place on a plate and steam until tender, cover with grated cheese and brown in the oven for about five minutes.

BRUSSELS SPROUTS.

Remove any wilted leaves, soak in cold salted water, to draw out any insects that may be in them, cook in boiling salted water (uncovered) till tender, but not till they lose their shape; season with butter, pepper and salt, or cover with a cream or Hollandaise sauce.

ASPARAGUS.

Cut off the white, hard end of the stalks, untie the bundles, soak for half an hour in cold water, tie them up again and cook in boiling salted water until tender; remove onto slices of buttered toast, cut the string and season with butter, pepper and salt, or cover with a white or poulette sauce; or cut the asparagus in inch pieces, boil and season as directed above, or serve plain without toast.

ASPARAGUS LOAF.

Butter quite thick a three-pint mould or bowl (a pail could be used), decorate the bottom and sides with stalks of cooked asparagus; melt two tablespoonfuls of butter in a double boiler, stir into it two of flour, half a teaspoonful of salt and one-fourth of paprica; stir into it gradually one cup of cream, one cup and a half of cooked asparagus tips and four well-beaten eggs; turn into the mould, cook standing in a dish of hot water until the center is firm, either in the oven or on top of the stove; do not let the water boil. (It is easier to cook in the oven on that account.) Invert on a serving dish. Serve surrounded by a cream sauce with asparagus tips added, or serve without a sauce.

ARTICHOKES.

Cut off the outside leaves, soak in cold water for a half hour, trim away the lower leaves and the ends of the others, cook in boiling salted water until the leaves can be drawn out, drain, remove the choke and serve with cream sauce, or drawn butter.

EGG PLANT.

Cut the egg plant in slices one-half an inch thick without removing the skin. Steam till tender, dip each slice in powdered crumbs, then in egg, and in crumbs again; sauté on both sides, in lard, butter or drippings till tender.

STUFFED EGG PLANT.

Boil the egg plant till tender, cut in halves, remove the insides and mash; season with butter, pep-

per and salt; if you like, add two tablespoonfuls of grated cheese or one-half cup of almonds cut very fine, put back in the shells, cover with buttered crumbs, brown in the oven.

SALSIFY OR OYSTER PLANT.

Scrape and at once throw into cold water, with a little vinegar or lemon juice to keep from discoloring; cook in boiling salted water till tender (about one hour), drain, season with butter, salt and pepper, or cut in half-inch pieces and serve in cream sauce, or dip in fritter batter and fry in hot fat, or when cold brown in butter.

RAW TOMATOES.

Scald by pouring boiling water over them a few hours before using, peel and put on the ice; slice or serve whole with mayonnaise or French dressing; garnish with lettuce.

STEWED TOMATOES.

Pour over them boiling water, remove the skins and cut in small pieces, removing all the bad places; stew until tender, with a very little water. To one quart of tomato add one teaspoonful of salt and sugar, one tablespoonful each of butter and powdered cracker crumbs and a little pepper; cook the cracker crumbs in the tomato five minutes before adding the seasonings.

SCALLOPED TOMATOES.

Scald and peel the tomatoes; butter a baking dish and cover the bottom with a layer of tomatoes cut in

half-inch slices; season with salt, pepper and a sprinkling of sugar; cover with a thin layer of buttered crumbs (a little onion juice is an improvement); fill the dish with the layers, having the crumbs on top; bake in a hot oven for one hour, less time if a small quantity is used. A layer of grated cheese can be added to each layer of tomato.

STUFFED TOMATOES.

Select large, firm tomatoes; cut a thin slice from the stem end and scoop out the inside; sprinkle the inside with salt and pepper; fill with the following mixtures: Mix with the pulp an equal amount of buttered cracker crumbs; season with salt, pepper and onion juice, or use in place of the crumbs the same amount of cooked rice or macaroni; fill the tomatoes full, replace the slice of tomato, cover with a thin two-inch slice of salt, fat pork, hold the slices of tomato and pork in place by putting a wooden toothpick through them. The pork bastes them and adds very much to the flavor. Remove the toothpick before serving. The top of the tomato can be covered with buttered crumbs instead of using the slices of tomato and pork.

Bake in a granite pan, with a little stock or hot water. Serve on slices of toast or surrounded by a brown sauce. Any kind of finely chopped meat may be used for stuffing by mixing it with a few buttered crumbs, a little stock or a little leftover sauce, well seasoned, and a grating of onion or cooked peppers finely chopped. Cooked mushrooms and sweetbreads can be used by chopping them and mixing with either of the following sauces: Cream, celery, allemande, poulette, or Bechamel, or stuff with seasoned rice.

TOMATOES STUFFED WITH CHEESE.

One-half pound fresh mushrooms, one-half cup of grated cheese. Peel and cut the mushrooms in small pieces, stew for five minutes in two tablespoonfuls of boiling water, drain well, put in sauce pan, two tablespoonfuls of butter; stir into it two of flour, one-half teaspoonful salt and one-eighth of paprica, and the water that was drained from the mushrooms, with enough cream to make one cup in all. Cook ten minutes, stirring. Then add the mushrooms and grated cheese, fill the tomatoes with the mixture and cover the top with buttered crumbs. Bake with a few tablespoonfuls of stock or hot water in the pan. Serve on buttered toast.

CURRIED TOMATOES.

Cut tomatoes in halves. Put them in a granite pan. Sprinkle with salt and pepper and place a teaspoonful of butter on each one. Let them cook till soft, but not to lose their shape. Remove on a hot dish surrounded with curry sauce.

TOMATOES WITH CELERY SAUCE.

Prepare and cook the same as for curry tomatoes, surrounded with celery sauce.

TO PREPARE PEPPERS FOR STUFFING.

Cut a slice from the top, scoop out the inside and parboil in boiling salted water five minutes. Stuff with any of the mixtures you would use for tomatoes.

PEPPERS STUFFED WITH OYSTERS.

Chop one pepper and a slice of onion very fine. Parboil one pint of oysters, drain, cut in small pieces. Soak one-half cup of fine bread crumbs in the oyster liquor, press out the liquor. Sautè the pepper and onion in two tablespoonfuls of butter till a light brown, add them to the oysters and crumbs. Season with salt and pepper, fill up the peppers and cover the top with buttered cracker crumbs. Bake until tender. Serve with tomato sauce.

PEPPERS STUFFED WITH SWEETBREADS.

Simmer sweetbreads in boiling salted water, with a tablespoonful of lemon juice five minutes; then cut in small cubes. Melt two tablespoonfuls of butter, add to it two of flour and one-half cup of chicken stock, the same amount of cream. Season with salt and pepper. Cook ten minutes, add the sweetbreads, and a half cup of mushrooms if you wish; fill the peppers, cover with buttered crumbs. Bake and serve on rounds of toast.

BROILED TOMATOES.

Cut the tomatoes in thick slices (without peeling), brush over with melted butter and broil, turning frequently. Lay them on a hot dish, season each slice with salt, pepper and a piece of butter.

BAKED TOMATOES.

Cut firm ripe tomatoes in halves, cut off the green stem, place them in an agate baking pan, the cut side up; season each piece with a little salt, a few small

pieces of butter, some chives cut very fine, or in place of the chives, very finely chopped onion; bake in a hot oven about fifteen minutes. Do not cook long enough to break and lose their shape; place each one on round pieces of buttered toast.

CHESTNUT PUREÉ.

Remove the shells by cutting a cross on the flat side of each and putting them in a pan in a hot oven till the shell bursts open. The shell and skin will both come off together. Put them in boiling salted water and cook until very tender, then drain and mash through a potato ricer, or colander. Season with butter, pepper, salt and a little cream.

BOILED ONIONS.

Remove the skins, put them on to cook in boiling salted water. After they have been cooking five minutes change the water, and change again after ten minutes' cooking; then boil till tender, drain, remove carefully to a hot dish, put a piece of butter in the center of each and a little pepper and salt. A little thick cream may be poured over them, or a cream sauce.

ROASTED ONIONS.

Boil the onions for ten minutes, drain them carefully and remove to a granite pan. Place a good-sized piece of butter on each one, put in a hot oven and cook till tender, baste with melted butter if necessary to prevent burning. Place on a hot dish and season with salt and pepper. Or use as a garnish.

FRIED ONIONS.

Cut in thin slices (it is best to use the young onions), and fry till brown and tender in butter, or fry until crisp six thin slices of salt fat pork; put in the onions and cook. The pork gives them a delicious flavor. Season with salt and pepper.

SCALLOPED ONIONS.

If the onions are large cut in quarters, boil, then put in a baking dish; cover with cream sauce and buttered crumbs. Bake till brown.

STUFFED SPANISH ONIONS.

Peel and cut out a part of the inside, parboil them for five minutes, drain, fill with any kind of force meat, mixed with one-third part of moistened bread crumbs. Season with salt, pepper and melted butter, cover the top with buttered crumbs; cook in the oven till tender.

CARROTS.

Carrots when young and tender make a very delicious vegetable. Wash and scrape them, cook in boiling salted water. Serve with butter, pepper and salt, or a cream sauce. Cut in slices, cubes, strips or rounds, with a potato cutter if you like, before boiling. Or cut in half lengthwise and brown in hot butter.

TURNIPS.

Wash, pare, cut in slices or fancy shapes. Cook and season the same as carrots, or mash and season with melted butter, pepper and salt.

STUFFED TURNIPS.

Select turnips of uniform size, cut out the center and cook in boiling salted water till tender and fill with any of the following mixtures: Creamed peas, or a pea pureé, carrots and string beans that have been cooked, chopped fine and seasoned with a little cream, salt and pepper, or either of the vegetables alone, or stuff with a pureé of chestnuts or creamed mushrooms; garnish the top with a slice of truffle. Serve hot as a vegetable, garnish a fillet of beef with them or surround a crown roast.

PARSNIPS.

Wash, scrape, cook in boiling salted water. Season the same as carrots.

FRIED PARSNIPS.

Cut cold cooked parsnips in halves lengthwise, or if very large in half-inch slices. Sautè in hot butter, brown on both sides. Season with salt.

BEETS.

Wash and cook in boiling salted water. When tender, drain and plunge in cold water; the skin will then slip off easily. Season with butter, pepper and salt and vinegar.

CORN ON THE EAR.

Strip off the outside husks, leaving enough of the husks to completely cover the ear; tie a string around the end of each ear to hold the husk. Cook in boiling

unsalted water for ten or fifteen minutes, according to the age of the corn. Salt would harden the hull. Before boiling remove all the silk from the ear, then replace the husk.

SUCCOTASH.

Use equal parts of shelled beans and corn, cut from the ear, first cooking each separately; mix together. Season with cream, butter, salt and pepper. In the winter time the dried lima beans and canned corn may be used. Soak the beans over night in cold water, cook in boiling water till tender, drain off the water, add the corn, reheat and season.

GREEN PEAS.

The time for cooking depends upon the freshness and age of the peas. Cook them uncovered in boiling water, salt them when nearly done. They are done when they mash easily with a fork. Let the water boil nearly away, and season with butter, cream and a little sugar if you wish, or serve in a cream sauce. Peas contain a great deal of nutrition.

STRING BEANS.

Remove the strings. Lay a number of the beans together, with a sharp knife cut them in quarter-inch pieces, or cut them lengthwise in thin strips. Cook in boiling salted water for one hour or longer. When tender season with salt, pepper, butter, cream or a cream sauce.

SHELLED BEANS.

Wash and cook in boiling salted water for half an hour to an hour. Season the same as string beans.

DRIED LIMA BEANS

Are cooked the same as shelled beans, first soaking them over night. Beans, like peas, contain a great deal of nutrition.

CELERY.

Scrape clean, saving the coarse outside pieces for soups, sauce or creamed celery. Put in cold water for half an hour before using. Serve with the soup.

CREAMED CELERY.

Clean, cut in inch pieces, cook in boiling salted water. Serve in cream sauce.

BOILED CELERY.

Boil the large outside stalks, without cutting them, till tender; season with butter, salt and pepper and a thin grating of cheese.

WINTER SQUASH.

If the shell be hard split the squash, remove the seeds and steam. If the shell is soft pare it before steaming. To one pint of squash season with two tablespoonfuls of butter, one-half teaspoonful of salt, a little pepper, and a little heavy cream is a great improvement; mash very lightly.

BAKED SQUASH.

Cut in pieces, remove the seeds, place in a pan and bake till soft. Mash and season.

SUMMER SQUASH.

Wash and cut in small pieces, cook with or without the skin and seeds. Cook in boiling salted water or steam. When tender, remove to a piece of cheese cloth, squeeze till the squash is dry. Mash and season.

CORN MOCK OYSTERS.

Cut down through the center of each row of kernels with a sharp knife; with the back of the knife press out the pulp, leaving the hull on the cob. To one cup of the pulp add two well-beaten eggs, one teaspoonful of butter and half of salt, little pepper and two tablespoonfuls of flour, or enough to hold it together. Fry as you would griddle cakes on a buttered griddle, or add a little more flour and drop from a spoon into deep fat, making a corn fritter. Use canned corn the same way, first heating and mashing through a strainer.

SWEET CORN IN CREAM WITH CHEESE

Cut the corn from the ears, moisten with thick cream, season with salt and pepper; fill a baking dish, cover the top with grated Parmesan or cream cheese. Sprinkle with a little paprica, bake quite slowly for half an hour.

MACARONI, SPAGHETTI AND VERMICELLI.

Macaroni and spaghetti are used as a vegetable, vermicelli for soups and puddings. They are made from flour and water and should be combined with sauces or cheese. Cheese is most palatable cooked or

served with it, as it supplies the fat which the macaroni does not contain. Combined with cheese and sauce it makes a most nutritious dish, and should enter into our diet more extensively.

TO COOK MACARONI.

If the macaroni or sphaghetti is to be used for a garnish or timbales, do not break it, but place the long pieces carefully in boiling salted water. When to be used in other ways, break in inch pieces. Cook in boiling salted water till tender, drain in a colander and pour cold water over it. This prevents it from being sticky. Reheat in a white sauce and serve. Or put in a baking dish, cover with white sauce and a sprinkling of buttered crumbs on top. Brown in a hot oven.

BAKED MACARONI WITH CHEESE.

Put into a baking dish a layer of cooked macaroni then a layer of white sauce, and grated or thinly sliced cheese with a sprinkling of salt and paprica. Fill up the dish in this way, having the cheese on top. Brown in a hot oven.

MACARONI WITH TOMATO OR OTHER SAUCES.

Cook the macaroni as directed. Mix with the sauces and serve, or mix with the sauces with the addition of cheese and buttered crumbs and bake in the oven. Individual baking dishes may be used, as well as a large dish.

MACARONI AND EGGS.

Cover the bottom of a baking dish with a layer of cooked macaroni, then a layer of hard cooked eggs, cut in thin slices. Cover with a white sauce and buttered crumbs, or grated cheese. Brown in a hot oven. This makes a very good luncheon dish, it being also most nutritious.

FLORENTINE MACARONI.

Break macaroni in three- or four-inch pieces; cook till tender in boiling salted water, drain through a colander and place on a hot platter, sprinkle lightly with grated cheese and pass with it a tomato sauce.

SPAGHETTI.

Can be cooked the same as macaroni. It is most often served without being broken. It then becomes an art to wind it around a fork and eat it successfully.

SAUCES.

It is very easy to make good sauces if the proper care is taken at the beginning by first melting the butter and stirring the flour into it, thus forming the roux—or thickening. For white sauces the flour is not changed. For brown sauces the flour is cooked in the oven until brown. Sauces are a great improvement to the dishes they accompany, especially so to made-over dishes. Save every scrap of meat and bone. It takes a very little to make the stock for a sauce. The flavor of vegetables can be obtained by sautèing them in butter before the flour is added. White sauces should be cooked in a double boiler to prevent the milk from burning. A sauce that is made by melting the butter, then stirring into it the flour, and gradually the liquid, cannot help being a smooth sauce, if quickly stirred. It is safer to strain all sauces before serving. If you do not have stock on hand beef extract can be used in place. In that case sautè the vegetables first in the butter.

DRAWN BUTTER SAUCE (For Fish).

2 cups boiling water or white stock.	3 tablespoonfuls flour.
½ cup butter.	½ teaspoonful salt.
	Speck of pepper.

Melt the butter, and when bubbling stir in the flour, salt and pepper, gradually stir in the water, or stock. Cook ten minutes.

CAPER SAUCE (To Serve with Boiled Mutton).

Make the same as drawn butter sauce, using the liquid the mutton was boiled in instead of water. Add two tablespoonfuls of capers.

WHITE OR CREAM SAUCE.

2 cups of milk, cream or white stock.
4 tablespoonfuls of butter.
4 tablespoonfuls of flour.
½ teaspoonful salt.
Speck of pepper.

Scald the milk in a double boiler. Melt the butter in a sauce pan, stir the flour into it, also seasonings; when smooth, stir it gradually into the hot milk. Cook ten minutes, stirring frequently. *This sauce,* when made partly of cream, can be used for *creamed toast.*

SHRIMP SAUCE (For Fish).

Add one cup of shrimps that have been cut in small pieces, to a white sauce, two teaspoonfuls of lemon juice and a little paprica or red pepper. Cook ten minutes after the shrimps have been added.

EGG SAUCE (For Boiled Fish).

Cut two hard-boiled eggs in slices or cubes, add to a white sauce; add a teaspoonful of chopped parsley, if cared for.

LOBSTER SAUCE (For Fish).

One cup of lobster cut in dice, added to a white sauce, one tablespoonful lemon juice, the dried and powdered coral.

OYSTER SAUCE (Boiled Fish or Fowl).

Cook the oysters in their own liquors till the edges curl. Make a white sauce, using half the liquor the oysters were cooked in, and half cream. Add the oysters and a little paprica. Serve as soon as the oysters are added.

CELERY SAUCE.

Cut the celery in one-half inch pieces. Cook till tender in boiling salted water, let the water cook down to one-half cup, make a white sauce with the celery water and cream, add the celery, reheat.

MUSHROOM SAUCE.

Peel and break in small pieces one-half pound fresh mushrooms. Cook in one-fourth cup of hot water for five minutes. Drain from the liquid. Make a white sauce by using the mushroom liquor and cream, half and half, add the mushrooms, reheat.

MUSHROOM SAUCE (Using Canned Mushrooms).

Make a brown roux, using two tablespoonfuls of butter and two tablespoonfuls of browned flour. Stir into it one cup of brown stock, one-half cupful of the liquor from the mushrooms, one teaspoonful salt, a little pepper. Cook ten minutes, add the beaten yolk of an egg that has been diluted with one tablespoonful of cream, then the mushrooms. Cook ten minutes longer. Serve with beefsteak or fowls. Canned mushrooms can be used with the white sauce made of milk, cream or white stock.

SAUCE PIQUANTE.

Add two tablespoonfuls of lemon juice, the same amount of capers, chopped pickles and olives, and one teaspoonful of finely chopped chives, or in place of the chives one-half teaspoonful onion juice to two cups of drawn butter sauce.

ALLEMANDE SAUCE.

Make a white sauce, using one-half chicken or veal stock and one-half milk. When the sauce has cooked ten minutes, add to it the yolks of two beaten eggs mixed with one-half cup of cream. Stir till it thickens, but do not let boil. A dash of nutmeg can be used.

BECHAMEL SAUCE.

Cook two slices each of onion and carrot in two tablespoonfuls of butter till a light brown. Drain off the butter, reheat and stir into it two tablespoonfuls of flour, one-half teaspoonful salt and a little pepper, then gradually add one cup of chicken or veal stock and one-half cup of cream.

POULETTE SAUCE.

Make a white sauce, using well-seasoned chicken stock that has been seasoned with onion, carrot, celery, salt and pepper. Just before serving add to it one teaspoonful lemon juice, yolk of one egg, diluted with two tablespoonfuls of cream and one teaspoonful chopped parsley. Do not add the lemon juice until just before sending to the table. The cream and egg can be cooked in the sauce about five minutes, cooking over hot water.

CURRY SAUCE.

Brown two slices of onion in two tablespoonfuls of butter. When brown remove the onion and stir in two tablespoonfuls of flour mixed with a teaspoonful of curry powder and half a teaspoonful of salt, then add two cups of milk or half cream, and make the same as white sauce.

BREAD SAUCE (For Game). (Mrs. Lincoln).

2 cups of milk.
½ cup fine bread crumbs.
3 slices of onion.
2 tablespoonfuls of butter.
½ teaspoonful of salt.
Speck of pepper.
½ cup coarse bread crumbs.

Cook the fine crumbs and onion in the milk for one-half hour (over hot water). Remove the onion, add the salt, pepper and butter creamed. Brown the coarse crumbs in butter, sprinkle the crumbs over the bird and serve the sauce with it, or around it.

HOLLANDAISE SAUCE (For Baked, Broiled or Boiled Fish).

½ cup of butter.
Yolks of three eggs.
Juice of half a lemon.
¼ teaspoonful salt.
Speck of paprica or pepper.
½ cup boiling water.

Rub the butter to a cream in a double boiler, beat in the yolks one at a time, then add the lemon juice, salt and pepper. About ten minutes before using, add the boiling water, cook over hot water, stirring continuously until it thickens. Potato balls are cooked and served in the sauce and poured around the fish.

HORSERADISH SAUCE (For Fish and Veal).

Cook in double boiler for twenty minutes one-half cup of freshly grated horseradish, and one-half cup

of fine bread crumbs, then add one cup of cream and season with salt and pepper. If milk is used instead of cream, mix with it the beaten yolk of an egg and just before serving add a tablespoonful of butter.

CUCUMBER SAUCE (For Fish).

Pare one good-sized cucumber, grate and drain. Season with salt, pepper and tarragon vinegar. Common vinegar can be used in place of the other.

MINT SAUCE (For Lamb).

1 cup finely chopped mint.
¼ cup sugar.
½ cup vinegar.

Mix all together. Serve cold or hot. If cold, let it stand an hour before serving. If hot heat only to the boiling point.

MUSTARD SAUCE (Corn Beef or Fish).

Make one cup of drawn butter sauce, add to it one tablespoonful of mustard mixed with a tablespoonful of vinegar and a little paprica or red pepper.

HORSERADISH SAUCE.

Whip one-half cup of thick cream and stir into it two tablespoonfuls of grated horseradish that has been drained from the liquid; add one-fourth teaspoonful salt. Serve with cold meats, broiled fish or baked beans.

CHAMPAGNE SAUCE (For Ham).

Put in a sauce pan one cup of champagne, or white wine, one teaspoonful of sugar, one clove, four

peppercorns. Let them heat very slowly for ten minutes. Strain, add a cup of brown sauce, and if convenient one-half cup of mushrooms.

MAITRE D'HOTEL SAUCE.

(Broiled Fish and Steak). (Mrs. Lincoln).

¼ cup butter.
½ teaspoonful of salt.
Speck of pepper.
1 tablespoonful each of chopped parsley and lemon juice.

Rub the butter to a cream, add the salt, pepper and parsley and very slowly the lemon juice.

ESPAGNOLE SAUCE.

Make a white sauce, add to it two yolks of eggs, beaten slightly, diluted with two tablespoonfuls of cream. Dissolve one tablespoonful of granulated gelatine in one cup of highly seasoned hot chicken stock. Mix with the white sauce and when cool dip pieces of cooked chicken, veal or lamb in it. When cold, dip again to give it another coating. Serve very cold on lettuce leaves. Garnish with olives stuffed with peppers.

BROWN SAUCE.

2 tablespoonfuls of butter.
3 tablespoonfuls of flour.
2 slices of onion.
2 teaspoonfuls lemon juice.
2 cups of stock.
Salt and pepper to taste.

Melt the butter in a sauce pan. When hot, add the onion and brown slightly, then add the flour and gradually the stock. Cook ten minutes, add the lemon juice, salt and pepper. Strain, reheat and serve. Stock for brown sauces can be made from any kind of meat and bones with the soup stock sea-

sonings, first soaking the bones and meat in cold water for one hour. The different flavors and seasonings added to the brown sauce make a great variety of sauces.

BROWN MUSHROOM SAUCE.

To one cup of brown sauce add one-half cup of mushrooms.

SAUCE POINADE.

To one cup of brown stock add one teaspoonful mixed herbs, parsley, bay leaf, thyme, one clove. Cook fifteen minutes, strain, reheat with one-half cup of claret. Make the sauce a little thicker than brown sauce to start with, as the claret will dilute it.

BROWN SAUCE PIQUANTE.

To one cup of brown sauce add one teaspoonful each of chopped pickles, capers and olives, having the spoons rounding full.

ROBERT SAUCE.

To one cup of stock, one teaspoonful made mustard and two of tarragon vinegar.

CURRANT JELLY SAUCE (For Mutton and Game).

One cup of brown sauce, one-half cup of currant jelly. Heat both together and serve.

OLIVE SAUCE (For Roast Duck).

Soak one-half cup of olives in cold water for thirty minutes to extract the salt. Half of them chop

fine and the remainder pare round and round, as you would an apple. Add to one cup of brown sauce. Simmer for ten minutes.

FLEMISH SAUCE.

One cup brown sauce, one-half cup of carrots that have been cut in dice and boiled, one tablespoonful each of green peas, chopped pickles and grated horse-radish, a teaspoonful of finely chopped chives or a few drops of onion juice.

SPANISH SAUCE.

Cook in two tablespoonfuls of butter, two tablespoonfuls of finely chopped peppers and a teaspoonful of finely chopped onion. Cook in one cup of brown sauce, one-half cup of stewed tomatoes for ten minutes. Strain and add slowly to the butter and peppers, with a tablespoonful each of capers and mushrooms.

TOMATO SAUCE (No. 1).

Cook one cup of tomato and slice of onion ten minutes, mash through a strainer and add to one cup of brown sauce with a half teaspoonful of sugar. Salt and pepper to taste, making the brown sauce a little thicker.

TOMATO SAUCE (No. 2—Good for Macaroni).

One cup and a half of tomato, two slices of onion, five peppercorns, one-half teaspoonful salt, one clove and a teaspoonful of sugar. Cook all together with one-fourth cup of water for twenty minutes. Mash

through a strainer and add it to two tablespoonfuls of flour that has been stirred into two of melted butter. Cook ten minutes.

CHESTNUT SAUCE (For Roast Turkey).

Cut a cross in the shell of one pint of large chestnuts. Cook in a hot oven until the shells break open, then remove the shell and skin at once. Cook them in boiling salted water till very tender. Mash fine, either with a masher or potato ricer. Add to the turkey gravy made from the drippings of the pan. The chestnuts may be added to a cream or poulette sauce and served with boiled fowl.

PORT WINE SAUCE (For Venison).

One cup of brown sauce, one-half cup port wine, one-half cup of currant or grape jelly, one teaspoonful lemon juice, salt and paprica. Cook all together for ten minutes.

GIBLET SAUCE (Roast Poultry).

Put the giblets on to cook in *warm* salted water. When tender, chop very fine. Put in a sauce pan three tablespoonfuls of the drippings from the poultry, stir into it two tablespoonfuls of flour. When foamy add one cup of the liquid the giblets were cooked in. Simmer for ten minutes, then add the giblets, heat and serve.

CRANBERRY SAUCE (Mrs. Lincoln).

Put three pints of washed cranberries in a granite sauce pan; on top of them put three cups of granu-

lated sugar and one cup and a half of water. After they begin to boil cook fifteen minutes, closely covered, and *do not* stir. Remove the scum. Serve as a sauce or mash through a strainer and they will jell.

APPLE SAUCE (Roast Pork).

Pare, quarter and core six large, tart apples. Put on to cook in a granite sauce pan with one cup of sugar and one of water. Cook till soft, remove before they lose their shape. Flavor with a little lemon juice or nutmeg, if liked.

CHEESE SAUCE.

Melt two tablespoonfuls of butter, stir into it two of flour, one-fourth teaspoonful of salt, and a little paprica, then gradually add one cup of hot milk, stirring. Cook over hot water for ten minutes, then stir in one-fourth cup of grated cheese and serve as soon as melted.

PUDDINGS AND ICE CREAM SAUCES.

PLAIN HOT PUDDING SAUCE.

2 cups boiling water.
1 cup sugar.
2 tablespoonfuls flour.
2 tablespoonfuls butter.
¼ teaspoonful salt.
Flavoring.

Mix the flour, sugar and salt well together; slowly pour on the boiling water, let boil ten minutes, then add the creamed butter and flavoring. A great many different flavorings may be used with this sauce—nutmeg, a teaspoonful of vanilla, tablespoonful of lemon and a little of the grated rind, this makes a lemon sauce, or two tablespoonfuls of sherry or madeira, or one of brandy. A little nutmeg added with any of these flavorings is an improvement.

BROWN SUGAR SAUCE.

Make the same as plain sauce, using brown sugar in place of white.

MOLASSES SAUCE (Good with Apple and Rice Puddings).

Melt in a sauce pan two tablespoonfuls of butter. Stir into it the same amount of flour and one cup of molasses that is diluted with one-half cup of hot water. Cook slowly ten minutes, flavor with a little lemon juice, vinegar and nutmeg. Half brown sugar and half molasses makes a very nice sauce.

CARAMEL SAUCE.

Put one-half cup of sugar in a sauce pan. Stir till melted and a light brown, then add one-half cup of boiling water. Simmer for fifteen minutes.

HOT FRUIT SAUCE.

Peach, Apricot, Strawberries, Raspberries, Etc.

1 cup of the fruit or berries.
½ cup of sugar.
1 teaspoonful corn starch or flour.

Mix the corn starch smooth in a little cold water. Stir it into the fruit. Boil from five to ten minutes. Mash and strain.

CREAMY SAUCE.

⅓ cup butter.
1 cup powdered sugar.
2 tablespoonfuls of cream and the same amount of wine.

Cream the butter, add the sugar slowly, then beat in the wine; just before serving add the cream. Or, add the cream and wine together and cook over hot water till smooth and creamy, but not enough to melt the butter. A hot or cold sauce can be made from this receipt.

EGG SAUCE.

Beat one egg very light, five minutes; then beat in one-fourth cup of powdered sugar and fold in one-half cup of heavy cream, whipped.

FOAMY SAUCE.

½ cup butter.
1 cup powdered sugar.
¼ cup boiling water.
3 tablespoonfuls of wine or fruit juice.
White of one egg.

Cream the butter, add the sugar and cream, then the wine; just before serving add the boiling water. Mix it in well, add the white of egg, well beaten. Beat all together with a Dover beater till light and foamy.

HARD SAUCE.

½ cup butter.
1 cup powdered sugar.
White of one egg.
Flavoring.

Cream the butter and sugar, beat in the cream, then fold in the white of egg beaten stiff. Flavor with a little nutmeg, lemon, vanilla or wine; pile lightly on a serving dish.

SABAYON SAUCE.

Put in a sauce pan one-half cup of sherry, one-half cup sugar and one beaten egg. Beat over the fire with a Dover beater till it begins to thicken.

WINE SAUCE.

1 cup powdered sugar.
1 cup boiling water.
1 tablespoonful flour.
1 egg.
¼ cup butter.
½ cup wine.
A little grated nutmeg.

Mix the flour and sugar with a few grains of salt all together. Pour over them the boiling water, let boil ten minutes. Cream the butter and beat the egg lightly. Add the wine to the hot sauce and pour over the egg, butter and nutmeg. Beat vigorously till well mixed.

WINE SAUCE (No. 2).

1 cup powdered sugar.	2 tablespoonfuls of wine.
1 cup butter.	1 tablespoonful brandy.
2 eggs.	

Cream the butter and sugar, add the eggs well beaten, the wine and brandy. Heat through over hot water.

BRANDY SAUCE.

Mix one cup of sugar, one-fourth teaspoonful salt, and three tablespoonfuls of flour together, pour on them two cups boiling water, let boil for ten minutes, stirring until smooth, then pour onto two tablespoonfuls of butter creamed, and two tablespoonfuls of brandy.

LEMON SAUCE.

2 cups sugar.	The juice of 2 lemons and
½ cup butter.	the grated rind of one.
Whites of 2 eggs.	

Cream the butter and sugar, add the lemon juice and rind. Just before sending to the table add the whites of the eggs beaten lightly.

PINEAPPLE SAUCE.

Grate one cup of pineapple fine, mix with it two tablespoonfuls of thick sugar syrup. Serve with puddings or fritters.

RICHELIEU SAUCE (For Hot Puddings).

Mix one tablespoonful of flour with three-fourths cup sugar and a few grains of salt. Pour slowly over it (stirring all the time) one cup boiling water. Cook

ten minutes. Remove from the fire and flavor with one teaspoonful of vanilla or one tablespoonful of wine and two of lemon juice. Add one-fourth cup each shredded almonds and candied cherries, or pine-apple cut in small pieces.

GOLDEN SAUCE (Rich and Delicious).

Cream one-third cup of butter and one cup of powdered sugar together. Add the beaten yolks of three eggs, juice and grated rind of a lemon, then add the whites beaten stiff. Cook over hot water, stirring constantly until it thickens like a custard.

ORANGE SAUCE.

Mix together one cup of sugar, two tablespoonfuls of flour, one teaspoonful grated orange peel. Pour over it all one cup of boiling water. Boil ten minutes. Remove from the fire, add the juice of one orange and one-fourth cup of butter creamed.

SYRUP SAUCES.

Fruit juices make nice sauces for blanc mange, corn starch, rice or cottage puddings. Heat and sweeten the juices, thicken with a little flour and flavor with wine or nutmeg.

MAPLE PUDDING SAUCE.

Melt two tablespoonfuls of butter and stir into it one of flour, pour slowly over it one cup of hot maple syrup, stirring all the time. Cook for ten minutes, add a little salt; one-fourth cup of thick cream can be added just before taking from the stove.

CHOCOLATE SAUCE (For Ice Cream or Puddings).

Grate two ounces (two small squares) of Baker's chocolate and mix with it two cups of sugar and add two tablespoonfuls of butter, one and one-half cups of hot water. Cook to the soft ball stage, flavor with one teaspoonful of vanilla. Pour hot over ice cream.

MAPLE SUGAR SAUCE (For Ice Cream).

One cup of maple sugar, one-half cup hot water. Cook till it forms a soft ball in cold water. One-half cup of chopped walnuts may be added to it.

COFFEE SAUCE.

1 cup of strong coffee.
1 teaspoonful flour.
¼ cup sugar.
¼ cup thick cream.

Mix the sugar and flour together. Stir them into the boiling coffee. Cook five minutes, add the cream and serve cold on vanilla ice cream.

CHEESE DISHES.

COTTAGE CHEESE.

Let fresh milk stand in a warm place for two or three days or until the curd separates from the whey. Turn the curd in a double piece of cheese cloth, hang it up in a cool place until the curd is free from the whey, add salt and a little cream. Shape in balls.

CHEESE SOUFFLÉ.

Melt in a sauce pan two tablespoonfuls of butter. Stir into it two of flour. When smooth add half a cup of milk, half teaspoonful of salt, a few grains of cayenne, or paprica. Cook two or three minutes. Add the yolks of three eggs, well beaten, and one cup of grated cheese. Set away to cool. When cold, add the whites, beaten to a stiff froth. Turn into a buttered baking dish, set in a pan of hot water, bake thirty-five minutes. Or, turn in buttered individual dishes and bake fifteen or twenty minutes. Serve at once.

CHEESE CRACKERS.

Butter crackers lightly, spread over with grated cheese, a little salt and paprica. Brown in the oven.

CHEESE WATER CRACKERS.

Split Bent's water crackers in halves, moisten by dipping quickly in very hot water, spread over with

melted butter and French mustard, and a thick layer of grated cheese. Season with salt and paprica. Place in a hot oven until the cheese is creamy.

WELSH RAREBIT (No. 1).

One pound of American cream cheese. Herkimer county is the best. One-half cup of ale or beer, one-half teaspoonful each of dry mustard and salt, one-fourth teaspoonful of paprica. Other seasonings can be used. Slices of hot toast or crackers. Cut the cheese into small pieces and put it in the chafing dish with one tablespoonful of the ale or beer. Stir and as it begins to melt add the rest of the ale gradually. As soon as it is all melted stir in the seasonings, then serve at once on toasted bread or crackers. Heat the plates. Everything must be very hot, as the cheese hardens quickly.

WELSH RAREBIT (No. 2).

Make the same as No. 1, using milk in place of the ale or beer, and one well-beaten egg, mixed with the milk. Cream can be used in place of milk.

CHEESE TIMBALES.

Melt two tablespoonfuls of butter in double boiler and two of flour, one-half teaspoonful salt, one-fourth of paprica. Gradually add one-half cup of cream and one-half cup chicken stock. When thick and smooth, stir into it one cup grated cheese and four eggs, beaten well. Pour in buttered timbale moulds, bake standing in a pan of hot water until the centers are firm. Serve surrounded by a white sauce.

FROZEN CHEESE (To Serve with Salad).

Cook the beaten yolks of three eggs with one-fourth teaspoonful of salt and a little paprica in a cup of scalded milk. Cook until it coats the spoon like custard, then add one-half cup of grated cheese and one teaspoonful of granulated gelatine that has been softened in cold water. Beat until it begins to set a little, then fold in one-half cup of cream that has been whipped stiff. Pack in a baking powder or cocoa can for two hours, in equal quantities of salt and ice.

CHEESE BALLS (To Serve with Salad).

Mix with one cup and a half of grated cheese, one tablespoonful of flour, one-fourth teaspoonful salt and a little paprica, then add the whites of two eggs, beaten stiff. Shape in small balls, roll in finely sifted cracker crumbs. Fry in deep fat and drain on soft paper.

CHEESE PUDDING (A Good Luncheon Dish).

Soak one cup of fine bread crumbs in two cups of milk. Add the yolks of three eggs, two tablespoonfuls of melted butter, one-half pound of American cream cheese, grated, one-half teaspoonful salt, one teaspoonful each of chopped parsley and Worcestershire sauce, one-fourth teaspoonful paprica. Then add the stiffly beaten whites. Bake in a pudding dish or in individual dishes, until it is puffed up and brown, in a hot oven. It will take about thirty minutes for the large dish.

SALADS.

Salads should form an important part in our menu. The oil which we use with them aids digestion and is one of the best forms of fat we can use. The green salads are the most easily prepared, and with a French dressing most appropriate for a dinner salad, often with the addition of some other fresh vegetable. Almost all kinds of meat, fish, vegetables and eggs with the addition of some kind of greens make good salads. It only requires a little thought in making the combination to always have a palatable salad.

TO PREPARE THE GREENS.

All greens should be carefully washed in cold water and all poor leaves thrown aside, for the beauty of a salad is to have it perfectly fresh. Let the leaves remain in ice-cold water for twenty minutes or so, then swing them in a wire basket to free them from the water or dry each leaf with a napkin.

TO PREPARE MEAT FOR SALAD.

Meat for salads should be cut in dice, not smaller than a half inch, and should be marinated for one hour before serving. Meat salads are the only kind that are improved by marinating.

TO MARINATE.

Mix the meat with a French dressing one hour before serving. Before mixing the salad together, drain off any of marinate which has not been absorbed in the meat.

SOME THINGS THAT CAN BE SERVED WITH A SALAD.

Nut, cheese, olive, pickle, nasturtium, lettuce, watercress, cucumber, ginger, mint and plain sandwiches, made from all kinds of bread, rolls and crackers. Different kinds of cheese, either toasted or plain, served with crackers or bread and butter sandwiches, cheese soufflé, frozen cheese, cheese croquettes, cheese balls and cheese in any palatable form, is permissible with salads. Wine or orange jelly moulded with nuts or fruits, or plain, is very delicious served with a salad.

To Cut Radishes for decorating a salad.

Radish Roses.—For these use the small, round ones. Cut the radish in scallops in two layers. Soak in ice water two hours before serving.

Radish Tulips.—Select small ones of oblong shape, cut them in quarters nearly down to the stem. Soak.

FRENCH DRESSING.

½ teaspoonful salt.	1 tablespoonful of vinegar
⅛ teaspoonful paprica.	or lemon juice.
3 tablespoonfuls of oil.	

Mix in the order given, adding the oil slowly, stirring all the time. A little tarragon vinegar with the other is considered a great improvement by many.

One-fourth teaspoonful of dry or made mustard can be added, and a little onion juice. The onion juice is a great improvement when the dressing is to be used for *potato salad.*

MAYONNAISE DRESSING.

1 teaspoonful mustard.	Yolks of four raw eggs.
½ teaspoonful salt.	2 cups olive oil.
¼ teaspoonful paprica or a little cayenne.	2 tablespoonfuls of vinegar.
	2 tablespoonfuls lemon juice.

When used for fruit salad take four tablespoonfuls of lemon juice, without the vinegar. Mix the dry seasonings and the egg yolks well together, add the oil a drop at a time until it begins to thicken, then it can be added a little more quickly. When it gets very thick, thin it with a little lemon juice or vinegar, then alternate the oil, vinegar and lemon juice until it is all used up. Just before serving add one-half cup of whipped cream. A wooden spoon, fork or Dover egg-beater are used to mix the dressing with, but the best of all to use is the mayonnaise mixer. With this mixer the dressing can be made much quicker, easier and lighter. Mayonnaise dressing can be colored any color you wish by using the vegetable colorings.

COOKED SALAD DRESSING (Miss Howard).

Mix half a tablespoonful of mustard, one-half a tablespoonful of sugar and one teaspoonful of salt, with the yolks of two raw eggs. Add three tablespoonfuls of melted butter and three-fourths of a cup of cream. Pour slowly on the mixture (stirring) one-fourth of a cup of vinegar. Cook the dressing in

a double boiler until it thickens (stirring constantly). Strain and cool.

COOKED SALAD DRESSING.

1 egg.
½ cup milk.
3 tablespoonfuls of vinegar.
1 tablespoonful of butter.
½ teaspoonful salt.
¼ teaspoonful mustard.
Cayenne or paprica.

Beat the egg until light, put all the ingredients in a double boiler except the vinegar. Cook until it thickens. Remove from the stove and add the vinegar.

COOKED DRESSING (Mrs. Lincoln).

¼ cup of butter, creamed.
1 teaspoonful sugar.
1 teaspoonful salt.
½ teaspoonful mustard.
¼ teaspoonful paprica.
Yolks of two eggs beaten slightly.
2 tablespoonfuls hot water.
2 tablespoonfuls vinegar.

Mix the eggs and seasonings together. Add the hot water and vinegar. Beat (stirring constantly) in a double boiler. When thick and creamy, add the creamed butter, stirring. Whipped cream or egg whites can be added. If to be used on fruit salad, omit the mustard and use lemon juice in place of the vinegar.

WINE SALAD DRESSING.

½ cup sugar.
⅓ cup sherry.
2 tablespoonfuls Madeira or 2 teaspoonfuls of brandy.

Heat them all together until the sugar is melted. Cool and serve.

SOUR CREAM DRESSING.

1 cup sour cream.
½ teaspoonful salt.
¼ teaspoonful paprica.
1 tablespoonful horseradish.
A few drops onion juice if desired.

Add the salt and paprica to the cream, whip until thick, then stir in the horseradish and onion juice.

TARTARE SAUCE.

To one cupful of mayonnaise add four olives, two gherkins and two teaspoonfuls of capers, all chopped fine. The olives stuffed with peppers can be used in place of the plain olive.

BEARNAISE SAUCE.

(To be used Hot or Cold with Meat or Fish).

4 tablespoonfuls of salad oil.
Yolks of four eggs.
½ teaspoonful of salt.
Paprica or cayenne.
1 tablespoonful of hot water.
1 tablespoonful of tarragon vinegar.

Beat the yolks, add the oil and water, cook in double boiler until it thickens, remove, add salt, pepper and vinegar. It should be thick like mayonnaise. Butter can be used in place of the oil. Cream three tablespoonfuls of butter and cook with the eggs. Omit the hot water. When thick, remove from the fire, add two tablespoonfuls more of butter creamed and the seasonings.

LETTUCE AND WATERCRESS SALAD.

Use only the tender leaves. Wash each leaf and let them stand in ice water a few minutes before using. Dry them, arrange in a bowl with the largest leaves on the outside, sprinkle over with chives

chopped fine, or new onions sliced very thin. Sliced pickles or olives are sometimes used with the lettuce. Rub the bowl with garlic before putting in the lettuce, if liked. Mix with a French dressing. Garnish with radishes cut to represent roses or tulips.

CELERY SALAD.

Use only the tender stalks (the outside can be saved for soups and sauces). Scrape and wash each stalk, let stand in ice-cold water a half hour before using. Dry in a towel and cut in one-fourth inch pieces, or into straws one inch long. If cut into straws put in ice water for twenty minutes before serving to curl them. Mix with either French or mayonnaise dressing and garnish with lettuce leaves. Celery salad is often served with game.

STUFFED CELERY SALAD.

Clean the tender stalks of celery, put in cold water a few minutes, dry and fill the crevice with the following mixtures: Fill the stalks with tartare sauce, place three or four on lettuce leaves and serve. Or they may be stuffed with Roquefort cheese that has been mashed fine with a spoon and a little sherry wine added to it. Or filled with Neufchatel cheese that has been creamed and chopped nuts mixed with it.

CHICKEN SALAD.

Cook a chicken or fowl until tender in boiling water enough to cover, with a tablespoonful of salt, six peppercorns, one clove, a small bay leaf, one onion, several stalks of celery, or two or three of the roots. Remove from liquid and when cold cut the meat in

half-inch pieces. (Save the liquid and bones and add to your soup stock). Cut the celery in half-inch pieces, using half as much celery as meat. One-half cup of walnuts or olives cut in small pieces and added to two cups of the chicken and one of celery is an improvement.

Marinate the chicken and celery one hour before serving, drain off any marinate that is left in the dish, mix the nuts or olives or both, with the celery and chicken. Arrange in a salad dish, first mixing a part of the mayonnaise dressing with the salad. Cover the top with mayonnaise, garnish with celery leaves, olives, lettuce or hard-boiled eggs sliced. In the summer, when celery is out of season, cucumber cut in cubes can be used in place of it. Garnish with lettuce or watercress.

MOULDED CHICKEN SALAD.

Put the chicken on to cook in warm water with all the seasonings and vegetables as for chicken salad. Cook until tender, then cook the stock down to two cups. Strain and when cold remove the fat. Clear the stock (see clearing soup stock), and add to it two tablespoonfuls of granulated gelatine that has been softened in one-half cup of cold water. Reheat for a few minutes to dissolve the gelatine; prepare the chicken and celery as for chicken salad. Season with salt and pepper. When the stock begins to get cold and thicken, beat into it one cup of whipped cream and the chicken and celery. Pour into a mould that has been decorated with hard-boiled eggs, cut to represent daisies, or slices of egg, truffles or olives. The decorations can be held in place by a little of the

stock. After the gelatine has been added mould in individuals or one large mould. Remove on salad dish. Garnish with lettuce or celery leaves and serve with mayonnaise dressing.

MOULDED CHICKEN SALAD (No. 2).

Garnish individual moulds or one large one. After the garnish is set with a little of the jelly, then add a layer of jelly one inch thick. When that has hardened, place the salad in carefully and cover it with a thin layer of the jelly to hold it firm. When that has hardened fill up the mould with the jelly, making three layers, with the salad between. Garnish with greens, lettuce, watercress or celery leaves. Serve with mayonnaise.

MOULDED CHICKEN SALAD (No. 3).

Mould in a double mould. If one is not at hand, use any two moulds or tins of the same shape, one of which is an inch or so smaller than the oher. Place the larger one on ice, decorate it and hold in place with a little of the jelly, then pour enough of the jelly to make a layer the same thickness as the width of space between the two moulds. When it is set fill the smaller mould with ice and set inside of it and fill the space between the two with jelly. When that is set remove with a spoon the ice from the mould and pour into it a little warm water (not hot). The mould can then be easily removed. Fill up the space with the chicken salad. Hold it in place with more jelly. Remove from the mould when cold. Garnish and serve with mayonnaise.

MOULDED CHICKEN SALAD (No. 4).

Mould in tomato jelly instead of the chicken jelly.

MOULDED CHICKEN SALAD (No. 5).

Mould in wine jelly, placing the chicken salad in the center. Garnish and serve with mayonnaise.

MOULDED CELERY AND WALNUT SALAD.

Use half the quantity of walnuts as of celery. Clean and cut the celery in half-inch pieces. Cook the walnuts for ten minutes in boiling salted water with a slice of onion, a clove and three peppercorns. Cut in small pieces. Mix the celery and walnuts with just enough mayonnaise to hold them together. Mould the same as chicken salad, either chicken, tomato or wine jelly.

MOULDED SWEETBREADS AND CUCUMBER SALAD

(Boston Cooking School).

Simmer one pair of sweetbreads twenty minutes in boiling, salted, acidulated water, with a bit of bay leaf, a slice of onion and a blade of mace. Cool and cut in dice. There should be three-fourths of a cup. Soak one-fourth a tablespoonful of gelatine in a tablespoonful of cold water and dissolve in two tablespoonfuls of boiling water. Add one tablespoonful and a half of lemon juice and a half cup of cream beaten thick. Add the cubes of sweetbreads, one-fourth of a cup of cucumber cubes and season with salt and paprica. Turn into moulds, chill and serve on lettuce leaves with French or mayonnaise dressing.

MOULDING SALADS.

Any kind of salad can be moulded in the jellies the same as chicken salad. Garnish with the greens and serve with mayonnaise, cooked, or sour cream dressings.

TO GARNISH WITH CURLED CELERY.

Cut the stalks of celery in one or two-inch lengths, then cut each piece in strips nearly to the center, beginning at each end, leaving enough whole to hold together. Set in ice water one hour before using.

TO UNMOULD JELLY.

Place the mould quickly in warm water, remove, put the serving dish over the top of the mould and invert them together. A very little heat will melt gelatine.

TOMATO JELLY.

1 cup of any kind of strong soup stock.
2 cups tomatoes.
1 slice of onion.
1 clove.
4 peppercorns.
1 teaspoonful salt.
1 teaspoonful sugar.
1 teaspoonful catsup.
2 tablespoonfuls granulated gelatine.

Boil all together for one-half hour or until the tomatoes are soft. Soften the gelatine in one-half cup of cold water, then stir it into the tomato when dissolved, and mould. A very pretty effect is obtained by moulding it in a ring mould. Have celery salad in the center mixed with mayonnaise or a cooked dressing, and surround it with lettuce. Or, mould with a salad moulded inside, or in small moulds, and garnish a salad around with them.

Another nice way to serve it is to mould in the shape of a cup and fill with a salad, resting on lettuce. This is done the same as Moulded Chicken Salad No. 3 by placing one mould or cup inside of another.

SOME SALADS TO SERVE IN WHOLE TOMATOES OR PEPPERS.

Equal parts of celery, nuts and apples; or celery and nuts, celery alone. Chicken salad, celery and sweetbreads, equal parts; celery, mushrooms and English walnuts, equal parts. Grape fruit and nuts, equal parts. Celery, cucumbers and sweetbreads, in fact, almost any salad with the exception of fish and fruit salad, are served in tomatoes or peppers. To prepare the peppers and tomatoes, scoop out the centers and season.

CELERY JELLY.

1 cup cold water.
2 cups celery cut in ½-inch pieces and the roots cut fine.
1 teaspoonful salt.
3 peppercorns.

Cook slowly until the celery is very tender, keeping about a cup of water in it all the time. When tender, mash through a strainer. To two cups of celery, after it is strained, add one tablespoonful of granulated gelatine that has been softened in two tablespoonfuls of cold water. Reheat until the gelatine is dissolved, then pour in moulds. Mould as you would chicken or tomato jelly.

TO PREPARE WHOLE TOMATOES FOR SALAD.

Scald and skin them, select all as near the same size as possible. Place on ice until half an hour before

serving, then scoop out the center (saving the pieces for soup stock, or a sauce). Sprinkle with salt and a little pepper, turn over and drain, fill with mayonnaise, or any combination you care for.

NEUFCHATEL SALAD.

Fill the whole tomatoes with balls made from Neufchatel cheese and slices of stuffed olives, dress with French dressing and serve on lettuce leaves, or surround the tomatoes with watercress.

ITALIAN SALAD.

Cook the large macaroni until tender in boiling salted water, drain through a colander and when cold cut in half-inch pieces, place in a salad bowl (without lettuce) and cover over with slices of hard-boiled egg; pour over all a French mayonnaise or boiled dressing. A very good luncheon salad.

CUCUMBER SALAD (To Serve with Fish).

Peel the cucumbers, place them in ice-cold water to become crisp. (Do not add salt, as that wilts them). Wipe them dry, place on a flat dish and slice very thin without destroying the shape of the cucumber. Garnish with cress or lettuce. Pour over it all a French dressing.

CUCUMBER SALAD.

Peel and place in ice water, then cut the cucumber across in lengths of three inches, scoop out the inside to form a cup to hold the following salad: Equal parts of sweetbreads, cucumbers and English walnuts

mixed with mayonnaise. Fill up the cup with the salad, set on lettuce leaves, put a teaspoonful more mayonnaise on top of each salad and place on it a radish cut to represent a rose.

CUCUMBER SALAD (No. 2).

Pare and chill a cucumber, cut in half lengthwise, remove the seeds and dry. Fill with the following: Chop fine the solid part of a peeled tomato, a thin slice of new onion, or a few sprigs of chives and a couple of stalks of tender celery. Mix with Bearnaise sauce, French or mayonnaise dressing.

CUCUMBER AND TOMATO SALAD.

Place a bed of crisp lettuce in a salad dish, then a layer of sliced cucumber and one of tomatoes sliced. Use a French or mayonnaise dressing. A good dinner salad.

CUCUMBER AND TOMATO SALAD (No. 2).

Peel the tomatoes by dipping in boiling water, take out the centers, turn them upside down to drain. Sprinkle with salt and fill with cucumber that has been cut in cubes and mixed with mayonnaise. Serve on lettuce leaves.

ORANGE SALAD.

(Very Nice to Serve with Game or a Winter Dinner Salad).

Place a bed of crisp lettuce in a salad bowl, peel and cut seedless oranges in one-half inch slices, spread them over the lettuce, mix with French dressing.

GRAPE FRUIT SALAD (To Serve with Game).

Arrange on lettuce the same as orange salad. Peel and remove the pulp from the sections, cut up in inch pieces. Serve with French or wine dressing.

RUSSIAN SALAD (No. 1).

One cup each of cooked carrots, beets, peas and string beans, all cut in cubes. Arrange on a salad dish in four mounds on four nests of lettuce. Mix and cover the top of each with mayonnaise or cooked dressing. Garnish the top of the carrot and beet salad with capers and pickles cut in fancy shapes, the peas and beans, with the yolk of a hard-boiled egg or the coral from the lobster. Have a tuft of lettuce in the center and arrange around each mound shrimps or lobster.

RUSSIAN SALAD (No. 2).

Fill the outside of a mould with clear aspic jelly and the center with a number of different vegetables mixed with mayonnaise. Cover the top with jelly. Serve on a flat dish. Garnish with plain or shredded lettuce. (See Moulding Salads.)

STRING BEAN SALAD.

Use the very small beans. After being cooked, cut in half-inch pieces. Serve on lettuce with French or mayonnaise dressing. Garnish with the yolk of hard-boiled egg that has passed through a potato ricer. String beans mixed with peas makes a delicious salad.

ASPARAGUS SALAD.

Use only the tips. Cook in salted water until tender. Chill, serve with French or mayonnaise dressing on lettuce, or in little cups made from the new turnips that have been cooked and scooped out.

ASPARAGUS SALAD, GARNISHED WITH EGGS.

Place a bunch of cooked asparagus on a bed of lettuce, cover with French dressing; over the center sprinkle the yolks of two hard-boiled eggs that have been pressed through a potato ricer; cut the white of the eggs in rings and surround the outside.

PEPPER SALAD.

Plunge three green sweet peppers and one red one in boiling water, remove and rub off the skin. When cold cut the stem and remove the seeds; slice in rings; also slice tender small onions in rings; cover all with French dressing and serve on lettuce. Slices of tomato can be added in place of the red pepper.

POTATO SALAD.

Two cups of cooked potato balls, or sliced potato. Sprinkle over each layer a grating of onion, a little celery cut fine, pepper and salt and the yolk of a hard-boiled egg, passed through a strainer. On the top sprinkle chopped parsley, mix with French or a cooked dressing. Serve on lettuce leaves and garnish around the mound with beets cut in slices or fancy shapes.

LOBSTER SALAD.

Cut the meat from a fresh boiled lobster in one-inch pieces. Marinate (or mix with a French dressing) one hour before serving. Keep in a cold place, then drain it and mix with it a little mayonnaise. Place it on a flat dish surrounded by lettuce leaves. Smooth it off, leaving it high in the center. Cover quite thick with mayonnaise. Stick in the top the heart of the lettuce and sprinkle over it the powdered coral of the lobster.

FISH SALADS.

Salmon, shad roe or any firm white fish mixed with mayonnaise and garnished with lettuce can be served as a salad. Olives, pickles and capers are a pleasant addition to these salads, or tartare sauce may be used with them in place of mayonnaise.

OYSTER SALAD.

Cook the oysters in their own liquor until they are plump (about five minutes). Drain and chill. Mix with mayonnaise or tartare sauce. Serve on lettuce, garnish with olives, capers or pickles. Celery or tender young cabbage cut fine can be served with the oysters.

WALDORF SALAD.

Peel two raw, tart apples, cut in dice, measure and take the same amount of celery cut in small pieces, mix with the apples. Mix with mayonnaise and serve on nests of lettuce or in red apples with the center removed to form cups. Set them on lettuce leaves. Have a layer of the dressing on top with a heart or small leaf of the lettuce stuck up in the center.

PINEAPPLE SALAD.

Use equal amount of pineapple cut in dice, cherries stoned and cut in halves, one-half the amount of strawberries cut in halves. Serve with a wine or mayonnaise dressing. If mayonnaise is used, mix it with one-half whipped cream. Serve the salad in the whole pineapple surrounded by lettuce leaves and a few sweet peas. Cut off the top of the pineapple about one inch deep. Scoop out the inside and use for the salad. Drain, chill and fill with the salad just before serving.

A FRUIT SALAD SERVED IN CANTELOUPE.

Equal parts of the cantaloupe (cut in dice), oranges and apples cut in small pieces, one-half the amount of English walnuts cut in small pieces. Mix with mayonnaise which is one-half whipped cream. Select small cantaloupes of uniform size, cut off the top and save to use for a cover. (A bow of narrow ribbon may be drawn through the top to form a handle.) Carefully remove the pulp for the salad, drain and fill just before serving. Surround each one by lettuce leaves.

OTHER FRUIT SALADS (No. 1).

Equal parts of apple, celery and nuts, mixed with mayonnaise or cooked dressing, served on lettuce or in cups made from red apples, oranges or lemons.

FRUIT SALAD (No. 2).

Mix equal parts of bananas, oranges, white grapes and pecan nuts, cut in small pieces. Add a little

lemon juice and mix with mayonnaise which has a part of whipped cream with it. Serve on lettuce with some of the dressing on top. Garnish with slices of orange and nuts.

FRUIT SALAD (No. 3).

Remove the stone from dates, halve them and press into the hole pieces of walnuts. Pour over a French or wine dressing. Serve on shredded lettuce.

GRAPE SALAD.

Remove the seeds from malaga grapes, stuff each one with a filbert nut which has been blanched (let them stand in boiling hot water five minutes, then remove the skin). Serve on a bed of lettuce, cover with mayonnaise which is a part whipped cream. Garnish around it with sections of orange.

MANDARIN SALAD (Good Dinner Salad).

Equal parts of mandarins sliced very thin with the skin on, white grapes seeded and halved, brandied peaches, one-half of maraschino cherries and figs that are fresh and moist cut in inch pieces. Serve with wine dressing in punch glasses or in orange cups.

NUT AND CUCUMBER SALAD.

Two cups of cucumber, pared and cubed, one cup of Brazil nuts blanched and cut in small pieces. Serve with French or mayonnaise dressing on lettuce. Garnish with radishes cut to form roses.

CUCUMBER AND RADISH SALAD.

Use equal parts of cucumber and radishes sliced very thin. Serve in layers on lettuce leaves, with French dressing.

CHICKEN AND MUSHROOM SALAD.

Cut the chicken in dice shape, break fresh mushrooms in small pieces, add a very little hot water, cook five minutes. When cold mix with the chicken, having equal quantities. Season with salt, mix with mayonnaise. Serve on lettuce leaves. Garnish by placing a few olives stuffed with peppers over the top.

SALMON AND CUCUMBER SALAD.

While the boiled salmon is hot, flake in small pieces, sprinkle over it a little lemon juice, onion juice, pepper and salt. Set on the ice; several hours before using mix lightly together with thin slices of cucumbers cut in halves. Cover with tartare sauce. Serve on lettuce.

TRUFFLE SALAD (A Good Dinner Salad).

Cut tender stalks of celery in half-inch pieces, put sliced truffles to soak in sherry wine for a half hour. Have equal quantities of truffles and celery, drain the truffles and mix with the celery. Sprinkle with a little salt. Mix with mayonnaise dressing. Serve on lettuce hearts and scatter a few capers over the top.

EGG SALAD.

Cook six eggs in water just off the boil for twenty minutes, chill and shell them. Cut the whites in

strings and put the yolks through a potato ricer. Arrange on shredded lettuce, making little nests of the whites and filling them with the yolks. Pour lightly over them a French dressing. Serve with cheese balls and toasted sandwiches or toasted crackers. This salad can be made by using little nests of the whites and filling them with balls of the yolks that have been mashed and mixed with French dressing.

EGG SALAD (No. 2).

Cut hard-cooked eggs in halves, remove the yolks, mix them with olives, chopped fine and mayonnaise dressing. Fill the whites with the mixture and round them on the top to give the appearance of a whole yolk. Serve in nests of lettuce or watercress.

EGG SALAD (No. 3).

Cut hard-cooked eggs in slices. Serve on watercress. Sprinkle over with finely chopped chives and French dressing.

WATER LILY SALAD.

Cut cold hard-boiled eggs in quarters lengthwise; if the eggs are very large cut in eighths. Place six of these pieces in a circle, one pointed end of each piece meeting in the center, to represent the lily. Arrange them on lettuce leaves and cover with French dressing.

CHEESE SALAD.

3 eggs cooked hard.
1½ cups of cream cheese cut in small dice.
1 cup chicken cut in dice.

Rub the yolks through a ricer, mix with the chicken and cheese. Serve with French or cooked dressing. Garnish with lettuce, the whites of eggs cut in shreds forming little nests around the mound of salad, each nest having two or three olives in it, stuffed with peppers.

BIRDS' NEST SALAD.

Use the soft cream cheeses. Roll into balls the size of a bird's egg, arrange in nests of lettuce, four or five balls to a nest. Cover with French dressing and sprinkle a few specks of paprica over each egg. Or a little green coloring paste can be rubbed in the cheese to make the little green eggs.

CREAM CHEESE SALAD.

Mix with a soft cream cheese, one gherkin and three good-sized olives chopped fine and enough mayonnaise dressing to shape in its original shape. Chill thoroughly. Serve on a bed of lettuce surrounded by nasturtium blossoms. Cut in slices for serving.

AMERICAN CREAM CHEESE SALAD.

One cup of the American cream cheese grated. Add to it one tablespoonful of chicken chopped fine, three olives, season with salt and pepper and mix together with enough mayonnaise to shape it in the form of a cream cheese. Chill thoroughly, serve on lettuce, surrounded by olives or nasturtium blossoms. Cut in slices for serving.

COLD SLAW.

Shred a red or white cabbage very fine, mix it with a French dressing, using twice the amount of

vinegar used for French dressing, or cover with the following dressing: Heat half a cup of vinegar with one teaspoonful each of salt and sugar, one-half teaspoonful of mustard, a little pepper and paprica. While hot stir into it a tablespoonful of butter creamed, then pour over the beaten yolks of two eggs. Cook over hot water until it thickens a little. Mix the dressing with the cabbage while hot. Serve cold alone as a salad or with broiled fish or fried oysters.

EGGS.

Eggs are very valuable food, being highly nutritious and easily digested. Almost any of the following receipts can be prepared in the chafing dish on the table.

EGGS COOKED IN THE SHELL (No. 1).

To cook the eggs soft, place in boiling water. Set on the back of the stove where it will not boil, for eight minutes, at a high altitude, one minute less for sea level.

EGGS COOKED IN THE SHELL (No. 2).

Another way of cooking the egg soft is to place it in cold water on the stove, remove as soon as they reach the boiling point. Cooking eggs either by No. 1 or No. 2, you will find the albumen is creamy and easily digested. Boiling eggs makes the albumen hard and horny, not easily digested.

EGGS COOKED IN THE SHELL (No. 3).

To cook an egg hard, place in boiling water, set on the back of the stove from twenty minutes to a half hour.

POACHED EGGS.

Place in a frying pan as many muffin rings as you have eggs to poach, drop an egg in each ring, then

turn in enough boiling water to cover them. Add a little salt, cook slowly on the side of the range. It should take from ten to fifteen minutes to cook them. Remove carefully, using a pancake turner, or a wide-bladed knife, onto a round piece of toast; remove the rings. Season with a little salt, pepper and a piece of butter. Serve on a platter. Garnish with water-cress or parsley. Before toasting the bread cut the slices into rounds with a large sized biscuit cutter. *To poach* the eggs without rings break carefully in the boiling salted water.

POACHED EGGS (No. 2).

Add a little salt to the white of the egg, and beat to a stiff froth, place in a cup, and carefully drop the yolk (so as not to break it) into the center. Set the cup in a dish of boiling water, cover and boil four minutes. At sea level three minutes would be long enough. Season with a little butter, salt and pepper. Serve in the cup. A good way to serve an egg to an invalid.

POACHED EGGS (No. 3).

Spread the toast with creamed chicken, minced ham, anchovy or sardine paste, and place a poached egg on top. Or, serve poached eggs with boiled ham or bacon.

FRIED EGGS.

Put a little butter in a frying pan, when it is hot break in the eggs; cook slowly. If they are to be served hard, turn them and cook on the other side.

SCRAMBLED EGGS.

Beat the eggs lightly, just enough to mix them. To each egg add two tablespoonfuls of milk, or half milk and half cream, a little salt and pepper. Put in a sauce pan a tablespoonful of butter; when it bubbles add the eggs and stir constantly until they set. They should be just a little firm, but not hard. They can be mixed with chopped meats, chives, tomato that has been cooked, parsley, or anything that one has, to give a good flavor.

SHIRRED EGGS.

Individual baking dishes are generally used, although several can be cooked in one large dish. Butter the dish, break into it an egg, sprinkle a little salt on the whites, cover with a tablespoonful of thick cream, or baste several times while baking with melted butter. Set the dish in a pan of hot water, cook until quite firm to the touch.

EGGS COCOTTE.

Butter individual baking dishes, and line with a paste of fine bread crumbs mixed with cream, or sprinkle the dish over with finely chopped ham, chicken or mushrooms mixed to a paste, with a little cream, or sauce, and seasoned. Lining with a thin layer, break in the egg and cook the same as shirred eggs. When done cover the top with a little cream, tomato, or bèchamel sauce, and sprinkle with chopped parsley.

OMELETS.

It is better to make several small omelets than one large one. An omelet should be served at once, and

let the family wait for the omelet rather than the omelet for the family. With a little care one can soon become an expert at making them. They should cook slowly, be a delicate brown when done. Avoid burning.

OMELET (No. 1).

Beat the yolks of two eggs until light and foamy, add one-fourth teaspoonful of salt, a little pepper and a tablespoonful of milk for every egg used. Beat the whites stiff, fold lightly into the yolks, melt a teaspoonful of butter in an omelet pan (it is best to keep this pan for omelets alone). Let the butter cover the pan; when bubbling turn in the omelet, cook slowly and carefully until brown on the bottom, then set the pan on the upper grate in the oven for a minute to dry. When the center is dry as you cut into it, run a knife around the edge, then under the half nearest the handle, and fold over to the right; then invert the omelet on a hot platter; garnish with parsley.

OMELET (No. 2).

Beat two eggs slightly, add one tablespoonful of milk, one-fourth teaspoonful salt and a little pepper. Melt a teaspoonful of butter in the omelet pan; when bubbling pour in the egg. With a fork break the egg in several places, letting the uncooked egg run under and brown. When the egg is set, fold and serve on a hot platter the same as for omelet No. 1.

CHEESE OMELET.

Make the same as No. 1 or 2. Add one-fourth cup of grated cheese to the yolks of two eggs, and a little paprica.

RUM OMELET.

Make the same as omelet No. 1. Have the omelet slightly underdone; just before sending to the table pour two tablespoonfuls of brandy around it, dip a block of sugar in the brandy, set it on top of the omelet and touch a lighted match to it, or light on the table.

HERB OMELET.

Mix chopped parsley, chives, chervil and tarragon with the eggs before cooking.

HAM OMELET.

Stir into omelet No. 1 two tablespoonfuls of finely chopped ham. The same amount of chicken can be used, or mushrooms.

PEA OMELET.

Cover the omelet just before folding with a layer of creamed peas.

TOMATO OMELET.

Broiled tomatoes may be used to cover the omelet before turning, or garnish the omelet with a row of them.

JELLY OMELET.

Make the same as No. 1; omit the pepper; allow a teaspoonful of powdered sugar to each egg; when ready to fold, cover over with a layer of jelly or marmalade.

ORANGE OMELET (Mrs. Lincoln).

The thinly grated rind of one orange and three tablespoonfuls of the juice, three eggs and three tablespoonfuls of powdered sugar. Beat the yolks and the sugar, rind and juice. Fold in the whites and cook as omelet No. 1. Turn out, sprinkle thickly with powdered sugar and score in diagonal lines with a clean, red-hot poker. The burnt sugar gives the omelet a delicious flavor.

PINEAPPLE OMELET.

Make the same as omelet No. 1; omit the pepper and part of the salt; add to the yolks two tablespoonfuls of powdered sugar, and one-half cup of grated pineapple. When done sprinkle with powdered sugar and score the same as for orange omelet. Garnish if you like with slices of pineapple. Orange and pineapple omelets make delicious and quickly prepared desserts.

Pour a cream tomato or mushroom sauce around omelets.

A good change is to mix chopped chives or parsley with the omelet before putting in the pan.

EGGS COOKED IN WHOLE TOMATOES.

With a pointed knife take out the center of the tomato, season with salt and pepper, drop into it a whole egg, cover the top of the egg with a little cream sauce, set in a buttered pan and bake in the oven until the egg is firm; remove to a platter, gar-

nish around them with a cream sauce. The sauce can be omitted entirely, covering the top of the egg with a piece of butter.

EGGS IN GREEN PEPPERS.

Parboil the peppers in boiling water for five minutes; when cool cut about an inch from the pointed end, take out the seeds, and cut off the stem; sprinkle the inside with salt and pepper, and break an egg into each; put a little piece of butter on top and place in an agate plate; bake in the oven twenty minutes, or until the egg is firm. Serve on a slice of toast, surrounded with white or tomato sauce.

EGGS EN COQUILLE (Mrs. Lincoln).

Cut slices of stale bread in large rounds; with a smaller cutter, cut half way through and scoop out the center, leaving a cavity large enough to hold an egg; dip the bread shells in egg beaten with a little milk, and sauté or fry in deep fat a delicate brown. Place them on a platter, cover with hot cream sauce, or poultry gravy. Serve a poached egg in each shell. The shells may be covered with melted butter and browned in the oven.

POACHED EGGS À LA HOLLANDAISE.

Split and toast some round muffins; put on each a round, thin slice of broiled ham, and on the ham a poached egg. Pour over the top of each some Hollandaise sauce.

POACHED EGGS WITH CELERY SAUCE.

Place a poached egg on a round slice of toast and surround it with celery sauce. Take one cup of celery cut in half-inch pieces and cook in boiling salted water till tender. Make a white sauce by using two tablespoonfuls of flour and butter, one-half cup of cream and the same amount of the water the celery was cooked in (letting the water cook down to that amount), one-fourth teaspoonful salt, a little pepper. After the sauce has cooked over hot water ten minutes, add the cooked celery, reheat and serve.

EGG BALLS TO SERVE IN SOUP.

Mash the cooked yolks of four hard-boiled eggs through a sieve, season with a little salt and pepper, one-half teaspoonful of melted butter and enough raw yolk of an egg to make the mixture the right consistency to mould in little balls. Then poach them in hot water, or dip in white of egg and flour. Sauté in butter. It takes about three minutes to cook them.

EGG TIMBALES (Miss Barrows).

Beat four eggs slightly, add one cup of milk, chicken or veal stock, season with salt and pepper, and if desired onion juice and chopped parsley. Turn into buttered small moulds, and steam or bake in a pan of hot water till firm in the center. Turn out and serve hot with a cream or tomato sauce, or garnish with sliced cucumbers or olives.

CURRIED EGGS.

Cook six eggs in hot water twenty minutes. Remove the shells and with a sharp, thin knife cut in

slices. Sauté one tablespoonful of finely chopped onion to two tablespoonfuls of butter, till a delicate brown, add two tablespoonfuls of flour mixed with one-half tablespoonful of curry powder, stir until smooth, then add slowly one cup of white stock, cream or milk. Season with salt and pepper, cook till the onion is soft, then add the eggs when they are heated through. Serve on toast, or cover hot toast with slices of hard-boiled egg, and cover with the sauce.

CURRIED EGGS (No. 2).

Boil rice so every kernel is separate (see boiling rice), make little nests of it and place in each nest one hard-boiled egg that has first been dipped in the sauce, then pour a tablespoonful more of the sauce over the egg.

STUFFED EGGS (No. 1).

Cut hard cooked eggs in two lengthwise. Remove the yolks and mash fine. Mix with them any finely chopped meat; ham or chicken are the best. If convenient a few mushrooms or truffles chopped fine, a little cream or any kind of sauce, a gherkin or a few capers if cared for. Season with salt and pepper, fill the whites with the mixture, smooth them over the top and rub a little raw egg over them, press the two halves together. Make a mound of the remaining yolks, place it in the center of the platter and the eggs around it, and pour around the eggs a cream sauce.

STUFFED EGGS (No. 2).

Prepare and stuff the eggs (as stuffed eggs No. 1). Roll them in fine crumbs, then in egg, and in

crumbs again. Fry in deep fat a rich brown. Serve surrounded by a white or tomato sauce.

EGGS WITH CHEESE.

Cut cold, hard-cooked eggs into slices. Butter a baking dish, cover the bottom with a layer of the egg, then a layer of grated cheese sprinkled over with paprica and a covering of cream sauce, and so on until the dish is full, having the cheese on top. Cook in a hot oven till the cheese is brown. This can be baked in individual dishes and makes a very good luncheon dish.

JAPANESE EGGS.

Boil as many eggs as you wish to use until hard, drop in cold water, remove the shell; boil one cup of rice, when full and flaky drain and heap on a platter, cut the eggs in halves and press down in the rice; pour over all a cream or tomato sauce.

SANDWICHES.

Sandwiches, like salads, can be made in great varieties, only care and thought must be taken in selecting the combinations.

Sandwiches can be made from white, brown, graham bread, fresh rolls, crackers, etc., and may be cut in any shape, with or without the crust. To many the most appetizing part of the bread is sacrificed when the crust is removed.

Some of the shapes may be cut in squares, rounds (with a biscuit cutter), triangles, hearts or rolled. *To keep sandwiches moist* cover with a damp napkin. The butter for sandwiches can be either salted or unsalted, and should be creamed before spreading, as it then will spread evenly without breaking the bread. *Seasoning* of chopped mint leaves or parsley, spinach juice that has been crushed and pressed through a cloth, a little tarragon vinegar, onion juice if cared for, capers, pickles, nasturtiums, or olives finely chopped can be added to the butter.

Cut the bread in very thin slices, trimming off the crust before slicing, the crust and the trimmings can be dried for crumbs. Have the slices fit evenly one upon the other. *Bread for sandwiches* should be fine grained and a day old. *Rolls* used for sandwiches should be fresh and small.

LETTUCE SANDWICHES.

Lay a crisp, dry leaf of lettuce between thin slices of buttered bread, sprinkle with salt. Mayonnaise can be used in place of the butter.

WATERCRESS SANDWICHES.

Wash and dry the watercress, crush the leaves a little and prepare the same as lettuce sandwiches.

SPANISH SANDWICHES.

Spread buttered graham bread with mixed mustard, a layer of cottage cheese, then with a layer of chopped olives or pickles mixed with mayonnaise.

MEAT SANDWICHES.

Spread the bread with butter or mayonnaise, or mix the meat with mayonnaise. A crisp lettuce leaf or watercress can always be used with the meat; chop chicken and celery together, mix with mayonnaise or fresh dressing. *Thinly sliced* meat of any kind, seasoned with salt and pepper, and mustard if ham is used; spread over with mayonnaise or French dressing, if liked. *Meats chopped* or pounded to a paste, mixed with hard-boiled eggs, mashed, a little cream, season with salt and pepper, and if you like, a little onion juice.

Chopped ham mixed with mustard, a little cream or mayonnaise, and a little chopped pickles or olives.

Chicken livers cooked till tender, with a thin slice of onion, a few peppercorns and salt, chopped very fine, mixed with cream or mayonnaise.

Game can be prepared the same as meat. A few chopped olives or pickles mixed with it is an improvement.

AUTOMOBILE SANDWICHES.

Cut the bread in thin slices, leaving on the crust, spread with butter and cover with thin slices of corn beef; cover the meat with a thin layer of chopped green sweet peppers and a little finely chopped onion and mayonnaise dressing; cover with a slice of bread.

GREEN PEPPER SANDWICHES.

Can be made by chopping sweet peppers and onion very fine, mixing with a little mayonnaise and placing between thin slices of bread.

EGG SANDWICHES.

Spread buttered bread with a little chopped parsley, watercress or olives, and cover with thin slices of hard-boiled egg. Chop the eggs fine, mix with mayonnaise, lay the egg between crisp lettuce leaves. Sliced boiled eggs can be covered with mayonnaise and laid between lettuce leaves.

FISH SANDWICHES.

Anchovies or sardines can be freed from the bone, pounded to a paste and moistened with a little lemon juice, or mixed with finely chopped pickles, olives or capers, served between thin slices of toasted bread or crackers, or the plain buttered bread or crackers. These sandwiches are sometimes served for the first

course at a dinner, surrounded by lettuce or watercress, as an accompaniment to oysters or alone.

Shad Roe, made very fine, seasoned with salt, pepper and a little lemon juice and spread between lettuce leaves if you like. With bread or crackers *any fresh* boiled fish can be used in the same way.

NUT SANDWICHES.

Peanuts, walnuts, pecans, almonds and almost any kind of nut can be used for sandwiches. Chop them fine, mix with cream, mayonnaise or French dressing, or with cream or Neufchatel cheese. Nut sandwiches are very nice made of graham or brown bread, as well as white bread.

CHEESE SANDWICHES.

Cut American or *Swiss cheese* in thin slices, cover with a thin coating of French mustard and put between buttered graham or rye bread. *Any kind* of grated cheese can be mixed with salt, paprica, a little cream or butter and spread between slices of brown, graham or white bread or crackers. Neufchatel cheese rubbed to a paste and put between thin slices of brown bread.

Grated cheese and anchovies mixed with salt, paprica and a little vinegar.

HOT CHEESE SANDWICHES.

Cut slices of bread two inches square. Cut from the square a small square of bread, leaving the box a half inch thick all around, fill the space with a piece of American cheese, sprinkle it over with a little salt

and paprica, cover the top with a thin slice of the bread, thus forming a box, brush over with melted butter or beaten white of an egg, brown in a hot oven. These are delicious. Serve very hot on hot plates.

CLUB HOUSE SANDWICHES.

Use four pieces of toasted bread spread with mayonnaise dressing. Cover two of these with lettuce leaves, lay thin slices of cold chicken upon the lettuce, over this thin slices of cold bacon or minced ham, then more lettuce, cover with the other slices of toast that have been spread with mayonnaise. Garnish with lettuce leaves and mayonnaise.

HOT HAM OR CHICKEN SANDWICHES.

Spread buttered bread with chopped ham or chicken. If ham is used, mix it with a little mustard and moisten with a little cream if necessary. Mix chopped chicken with pepper, salt and a little cream or chicken gravy. Dip each sandwich into a slightly beaten egg that has been diluted with two tablespoonfuls of milk. Sauté in butter, browning both sides. This can be browned in the chafing dish or on the stove. Serve with pickles or olives.

SWEET SANDWICHES.

Spread thin slices of buttered bread with any kind of jam, jelly, preserves, candied fruits; the bread can be cut in fancy shapes or the sandwiches rolled. *For rolling* very fresh bread should be used, and the sandwiches should be fastened together with wooden toothpicks for an hour before serving, keep-

ing them moist by covering with a napkin wrung out in cold water. *Spread thin* slices of *bread* with *orange marmalade* or preserved ginger cut in thin slices.

GINGERBREAD SANDWICHES.

Bake gingerbread in thin sheets, when cold cut it open and into shapes for sandwiches. Spread with cream cheese and thin slices of preserved ginger, or the ginger can be chopped fine. These are nice for a picnic.

CANÁPES.

Canápes are served hot and are thin slices of bread, sautéd in butter or browned in the oven. They are cut in circles or strips. Sometimes they are used as the first course at a luncheon and sometimes as a dessert.

ANCHOVY OR SARDINE CANÁPES.

Spread strips or rounds of sautéd bread with anchovy or sardine paste that has been mixed with a little lemon juice. Arrange on top rosettes of hard-boiled eggs chopped fine, the white and yolks arranged separately or in alternate lines.

HAM CANÁPES.

Cut thin slices of bread in rounds with a large biscuit cutter. Sauté in butter or brown in the oven. Chop boiled ham very fine, mix with mustard and a little cream spread on the bread, cover the top with grated cheese with a sprinkling of paprica, put in a hot oven for a few minutes for the cheese to melt.

CHEESE CANÁPES.

Cover pieces of sautéd bread with grated Parmesan cheese, sprinkle with salt and paprica, brown in the oven. Serve at once.

CHICKEN CANÁPES.

Chop chicken and celery very fine, half and half, season highly, mix with gravy, stock or cream spread on sautéd bread and serve with thin slices of hard-boiled egg in rows down the center.

PRUNE OR FIG CANÁPES.

Soak the fruit in cold water for ten minutes, cook in a little hot water till tender, cut the figs in quarters, remove the stones from the prunes. Stew the fruit with sugar and a little water, using one tablespoonful of sugar and a half cup of water to a cup of the fruit. When the sugar and water is mostly cooked in the fruit, add two tablespoonfuls of sherry wine, cook for two or three minutes and place on sautéd squares or rounds of bread, cover the top with whipped cream. These make a very nice dessert and can be cooked on the chafing dish.

FRUIT CANÁPES.

All kinds of preserved fruit can be used, the fruit being heated and a little wine added if cared for, placed on the sautéd bread, covered with whipped cream. Peaches and pineapple are particularly good served in this way. A little brandy can be added to the peaches.

ALEXANDRA CANÁPES.

Butter small rounds of toasted bread, cover each piece with anchovies. Scatter over them hard-boiled eggs, olives and capers chopped together very finely

APRICOT CANÁPES.

Cut thin slices of bread into rounds. Sauté a delicate brown in hot butter, cover with apricot marmalade and dot with whipped cream.

PASTRY.

The pie, although greatly abused, has more friends than any other dessert. In New England, not many years ago, it was the custom to make up enough mince pies a week before Thanksgiving to last a good part of the winter. In many homes the custom is still carried out. It was no unusual sight to see forty or fifty pies all ready for the brick oven. The beauty of a pie is to have the pastry light and flaky and well browned.

A well made plain pastry is good enough for most any pie. But the puff paste greatly improves a mince pie, especially for special occasions, like Thanksgiving or Christmas. *The puff paste* is used mostly for paté shells, tarts, cheese straws, etc.

PLAIN PASTRY (Enough for One good-sized Pie).

1½ cups of flour.
½ cup of lard.
2 tablespoonfuls of butter.
⅛ teaspoonful of salt.
Ice water.

Sift the flour and salt together, cut in the lard with a knife or rub in with the tip of the fingers, then cut in just enough ice water to hold it together. In putting in the water add only a few drops at a time, so as not to get too much. The pastry should be dry. Flour the board well, and roll out the pastry lightly, patting it with the rolling pin to get in shape to roll. Cover it over with one tablespoonful of butter cut in little bits; sprinkle a little flour over the butter. (The

pastry should be rolled in an even square). Fold over the two sides to nearly meet in the center, then fold the ends over to the center, and the ends over again one over the other, making a square piece of pastry; pat and roll out again, place the other tablespoonful of butter and roll and fold in the same way; roll and fold once more, making three times in all. The pastry is then ready for use. *All pastry* is better to remain on the ice some time before using. It can be kept a week or more in this way.

PUFF PASTE (Mrs. Lincoln).

Four cups of flour (or one pound), two cups of butter (or one pound), one-fourth teaspoonful of salt, ice water. This amount makes about twelve paté shells.

Put the butter in a bowl of ice water, work it with the hands or wooden spoon until it becomes smooth and waxy. This is to wash out the salt and make it lighter. Then knead it in a napkin to get out all the water, pat it in half a dozen flat thin strips, lay it flat on a napkin in a pan; place this pan between two pans that are filled with cracked ice. This is done to thoroughly chill the butter. Sift the flour and salt together, mix it to a stiff dough with ice water, using a knife and only a few drops of water at a time. Then knead it on the board until it is smooth, place on the ice for thirty minutes. Then flour the board well and toss the ball of dough on it, using a knife; then roll out in a long sheet. Take one piece of the butter from the ice, roll it in a little flour, cut in thin strips and place on the pastry; fold over the sides of the pastry, letting the edges just meet in the center. Then fold the ends over to the center and double it

over again; pound gently in a flat cake and roll out again. Roll each piece of butter in the same way. After the butter is all in, roll and fold once more, or as many more times as you care to do it. Should the paste become soft and sticky, put it on the ice for a while, then flour the board well and roll out. *The paste* should be folded and rolled till no streaks of butter remain. Then place it on the ice to chill, or cut out in the shapes to be used, place in the pans and chill on the ice for thirty minutes before baking.

TO BAKE PUFF PASTE.

The dough should be ice cold before putting in the oven. The oven should be hot, the greater heat at the bottom so the paste may rise before browning. It is well to place an asbestos mat or paper on the grate above them so they will not brown too soon. A brown crust over the top will hold them down and prevent them being as light. Paté cases should bake about twenty-five minutes, and tarts fifteen minutes.

TO MAKE PÂTÉ SHELLS FROM PUFF PASTE.

Roll the paste to a quarter of an inch thickness. Cut into rounds with a fluted or plain cutter. Use the circles or rounds for one paté shell; cut a hole in the center of two with a small cutter. Moisten the edge of each circle with a *very* little water, as too much water will hold the edges down and make them heavy. Place the two rings with the holes cut in them on top of the whole round, pressing the edges lightly together. Glaze them on the top with an egg if you like; the egg must not go over on the edges. Use the small pieces that are cut from the rounds for

covers after the cases are filled. Bake them in a separate pan, as they do not require as long a baking.

Tarts are made with the two layers, cutting one in a circle and placing it on the round the same as for a paté. Fill with jelly, jam, preserves or lemon cream, the same as for lemon pie, first cooking the lemon cream in a double boiler. When cool fill the tart shells. Serve cold.

VOL AU VENT.

Can be cut in any shape required, a large round being most often used. Roll out the puff paste one-half inch thick; turn a pie plate upside down on the paste, press it down to make a marking, and cut out with a sharp knife. Put two or three rims around the edge as you would a pie, only thicker; place in a large pan on a paper; bake in a hot oven forty-five minutes. Fill with any kind of cream, meats, mushrooms or oysters, or serve as a dessert, filled with stewed fruits covered with whipped cream.

PUFF PASTE STRIPS.

Roll out the paste one-fourth an inch thick, cut in strips with a pastry wheel one inch wide and four inches long; bake in a hot oven for fifteen minutes. On a papered pan spread a strip with apricot or raspberry jam, cover with a strip, place a meringue over the top, brown in the oven and serve as a dessert. Cut puff paste in a three-inch square, bring the four corners to the center, moisten them a little to keep in place. Bake for twenty minutes and put a little jam or jelly in each corner, with a little whipped cream on the jelly.

TO GLAZE PASTRY.

Beat an egg slightly, then mix with it a tablespoonful of water. Brush over the pastry with a brush very lightly, and dust with a very little powdered sugar. This gives a brown and glossy look.

CHEESE STRAWS.

Roll puff paste thin, sprinkle with grated cheese and a little paprica. Fold and roll out, sprinkle and fold twice more; roll the last time one-half inch thick, cut into straws, place in the pans, put on the ice for half an hour; bake in a hot oven for ten or fifteen minutes.

APPLE PIE.

Cut sour apples in quarters, peel and core, and slice. Place them evenly in the plate, piling a little in the center. Cover with half a cup of sugar; season with one-half teaspoonful cinnamon or grated nutmeg, and a teaspoonful of butter. In the spring of the year when the apples have lost their flavor, season with lemon juice and a little of the grated rind. Cut slits in the upper crust for the steam to escape, dampen the edges of both upper and under crust, press them together. Place around the edge a half inch strip of the pastry; moisten it before putting on so it will cling to the crust. Bake about thirty minutes in a hot oven, try the apples to see if done, with a straw or fork.

SQUASH PIE.

1 cup dry sifted squash.
1½ cups scalded milk.
½ cup sugar.
¼ teaspoonful salt.
1 teaspoonful cinnamon.
2 eggs.

Mix in the order given. Line a plate with pastry, put on a rim. Bake until the center is firm.

Mix eggs, sugar, milk and so

PUMPKIN PIE.

Make the same as squash, only season with one-fourth teaspoonful each of ginger and cinnamon.

CUSTARD PIE.

Beat three eggs slightly, then beat in six tablespoonfuls of sugar, one-fourth teaspoonful of salt, nutmeg or cinnamon. Pour onto this mixture two cups of scalded milk. Line a deep plate with pastry, put a rim around and bake slowly. Watch carefully, when it puffs up take out at once.

RHUBARB PIE.

If the rhubard is very young and tender do not peel it. If the skin has become tough, peel and cut in half-inch pieces. Line a plate with the crust, fill with the rhubard, sprinkle with one cup of sugar, and a teaspoonful of butter; if liked, flavor with cinnamon or nutmeg, cover with a crust and put a rim around it. Bake in a quick oven for about thirty minutes.

BERRY PIES.

Pick over and wash the berries, line a plate with pastry, fill with the berries, sprinkle with half cup of sugar, or more if the berries are very acid; cover with a crust; bake.

CRANBERRY PIE.

Stew the cranberries. Line a plate with pastry, and a rim of pastry around it. Fill with the cooked cranberries, having them cold, and cover the top with strips of pastry about half an inch wide, having them cross each other to form little squares. Bake. A Thanksgiving pie.

APPLE TART PIE.

Make the same as cranberry pie. Stew the apples, sweeten and season with lemon juice and nutmeg.

PRUNE, APRICOT OR PEACH PIE.

Line a deep plate with pastry and bake, or invert the pie plate, and bake the pastry on the outside of it. When cold fill with the stewed fruit, cover the top with whipped cream.

Peach Pie can be made the same as a sliced apple pie.

DELICIOUS LEMON PIE (Boston Cooking School).

Beat two eggs with the yolks of two more; add one cup of sugar, three tablespoonfuls of sweet milk, one tablespoonful of melted butter, and the grated rind and juice of a lemon; mix all together, bake in a crust-lined plate till it puffs up, and when a knife will come out of it clean; cover with the following meringue: Beat the whites of three eggs until stiff, beat in four tablespoonfuls of powdered sugar gradually, then fold in three more tablespoonfuls of sugar. Bake about ten minutes in a slow oven.

LEMON PIE (With Corn Starch).

Mix two tablespoonfuls of corn starch with one cup of sugar; add one cup of boiling water, boil ten minutes, take from the stove; add a teaspoonful of butter, one whole egg and one yolk, the grated rind and juice of a lemon. Bake between crusts or with a meringue.

CREAM PIE.

Boil one cup and half of milk; stir into it one-fourth cup of sugar, one teaspoonful of corn starch or flour mixed with the sugar, one-fourth teaspoonful of salt; stir until smooth. Remove from the stove and add three egg yolks slightly beaten. Bake in a crust-lined plate.

MINCE MEAT.

- 4 cups chopped meat.
- 1 cup chopped suet.
- 8 cups chopped apple (sour).
- 2 cups meat liquor.
- 2 cups brown sugar.
- 2 cups molasses.
- 2 cups cider.
- Juice and grated rind of two lemons.
- Juice and grated rind of three oranges.
- 1 lb. of stoned and chopped raisins.
- 1 lb. washed currants.
- ½ lb. chopped citron.
- ½ lb. chopped figs.
- ½ lb. chopped English walnuts, if liked.
- 2 tablespoonfuls of salt.
- 2 tablespoonfuls cinnamon.
- 2 teaspoonfuls mace.
- 2 teaspoonfuls powdered cloves.
- 2 teaspoonfuls allspice.
- 1 cup of brandy.
- 2 tablespoonfuls rose water.

Mix in the order given. Use cold tea in place of cider and brandy if you wish. Cook slowly in a preserving kettle for one hour, stirring often. Add the brandy and rose water after removing from the stove. Meat from the lower part of the round is the best to use. A little more brandy or wine can be poured

over the pie just before the upper crust is put on. Mince meat is better to pack in an earthen jar, and to keep several days before using. Sauterne may be used in place of cider.

PETITE PIES.

Line small round patty or gem pans with plain or puff paste. Fill with lemon or cream filling, stewed fruits or berries. Cover with a crust, cut a dash in the center for the steam to escape. Bake in a quick oven.

ENGLISH APPLE PIE.

Fill a buttered pudding dish with tart apples cut in eighths, pared and cored; sprinkle with sugar, a little salt and grated rind of a lemon. Pile the apples high in the center; add one-fourth cup of cold water, a few pieces of butter. Invert the dish upon the pastry; cut large enough to give place for the high center and shrinkage. Cover the pie with the paste, putting a rim of paste around the edge. Bake about forty-five minutes.

HOT PUDDINGS.

All measurements level, with the exception of baking powder, which is measured rounding with the side of the can. Sift flour before measuring.

CREAM RICE PUDDING.

1 quart of milk.	1 teaspoonful salt.
½ cup well washed rice.	A little ~~stick cinnamon or~~
½ cup sugar.	~~nutmeg~~.

Soak half an hour in the milk. Bake slowly about an hour, or until the rice has thickened the milk, or a thick creamy substance. This is a delicious, inexpensive and nutritious dessert. One-half cup of the whole raisins or a few pieces of preserved ginger can be cooked with it to give variety. Serve with butter alone, or butter and maple sugar, or cream.

BAKED RICE PUDDING.

Make the same as cream rice pudding, with the exception of using one-half cup of molasses in place of the sugar. Season with cinnamon; add one-half cup of raisins and one cup of sour apples, if liked, that have been pared, cored and quartered. Serve with cream.

CREAM TAPIOCA PUDDING.

1 quart of milk.	½ cup sugar.
½ cup tapioca.	Yolks of 3 eggs.

Scald the milk in double boiler. Soak the tapioca in it for one hour, or until it is transparent. Remove from the stove; add the beaten yolks and sugar,

bake in buttered pudding dish for half an hour. Serve with lemon sauce, or remove from the oven, cover the top with a layer of jam or jelly, and spread over it a meringue made from the whites of the eggs and four tablespoonfuls of powdered sugar. Brown in the oven.

APPLE AND PEACH TAPIOCA.

Wash one-half cup of tapioca (the pearl is the best), pour over it one quart of boiling water, cook in double boiler till transparent (about an hour), stir often that it may not become lumpy; add half a teaspoonful of salt, core and pare eight tart apples, place them in a buttered pudding dish, and fill the cores with sugar, a little lemon juice and cinnamon; pour the tapioca over them, and bake till the apples are soft. Serve hot or cold with foamy sauce or sugar and cream. Peel the peaches, cut in halves, cook in the same way.

SAGO PUDDING.

Scald one quart of milk in a double boiler; wash and add to it one-half cup of sago, and one-half teaspoonful of salt; let it cook till transparent, stirring often to prevent lumping. Beat two eggs with one-half cup of sugar. Remove the sago from the stove; add the eggs and sugar. Bake in buttered pudding dish for one-half hour, or until it puffs up. Serve hot or cold, with cream.

Make sago with apple or peaches the same as peach and apple tapioca.

BAKED INDIAN PUDDING.

Mix one cup of yellow corn meal, one cup of molasses, one teaspoonful of salt; pour onto them one quart of scalded milk, one-fourth cup of butter, and two beaten eggs; let bake in a deep pudding dish slowly for one-half hour, then pour in three pints of cold milk. Bake very slowly for five or six hours.

WHOLE WHEAT PUDDING.

Mix one cup and a half of whole wheat flour, one-half cup of white flour, one-half teaspoonful each of soda and salt; sift, add one cup of milk, half a cup of molasses, one-half cup each of shelled and chopped walnuts and raisins. Steam for two hours and a half. Serve with cream, foamy or lemon sauce, or a hard sauce flavored with lemon juice, or sherry. This will serve eight people.

FIG PUDDING.

12 butter crackers, rolled fine.
½ lb. figs, chopped fine.
½ cup of suet, chopped fine.
2 eggs, well beaten.
1 cup sugar.
1 cup of milk.
½ teaspoonful soda dissolved in the milk.
4 teaspoonfuls of brandy.
½ nutmeg.

Mix in the order given. Steam four hours. Serve with a wine or hard sauce. Will serve eight people generously, as it is a rich pudding.

THANKSGIVING PUDDING.

¾ cup flour.
1½ cups of soft bread crumbs.
1 cup scalded milk.
½ cup sugar.
5 eggs.
1 cup raisins.
½ cup of currants.
½ cup of finely chopped dates.
½ cup finely chopped citron.
½ cup finely chopped suet.
The grated rind of a small lemon.
½ cup chopped walnuts.
½ nutmeg.
1 teaspoonful cinnamon.
1½ teaspoonfuls of salt.
2 tablespoonfuls each of brandy and sherry.

Pour the hot milk over the crumbs. Mix in the order given. Steam in a buttered mould six hours.

ENGLISH PLUM PUDDING.

- 1½ lbs. raisins, stoned.
- 1½ lbs. currants.
- 1½ lbs. suet, chopped fine.
- 1½ lbs. bread crumbs.
- 1 lb. flour, or 4 cups.
- 1 lb. sugar.
- 1 lb. preserved lemon and orange peel mixed.
- Grated rind of one lemon.
- 2 teaspoonfuls salt.
- ½ nutmeg.
- ¼ ounce mixed spices.
- 1 cup brandy.
- 1 dozen eggs.
- 1 cup scalded milk.

Pour the milk over the crumbs. Mix in the order given. This quantity makes four puddings. Steam six hours.

SUET PUDDING.

- ½ cup chopped suet.
- ¾ cup molasses.
- 1 cup milk.
- 1 cup stoned raisins.
- ½ cup chopped citron.
- ¾ teaspoonful soda.
- Grated rind of half a lemon.
- ½ teaspoonful cinnamon.
- ½ teaspoonful salt.
- About two cups and a half of flour.

Sift all the dry materials together, then stir in the others. One-half cup of butter can be used instead of the suet. Steam in a buttered pudding mould three hours. Serve with hard, foamy or wine sauce.

BREAD AND BUTTER PUDDING.

Remove the crusts and butter thin slices of stale bread. Lay them in layers in a pudding dish, alternating with layers of stoned raisins. When the dish is full pour over it two well-beaten eggs mixed with half a cup of brown sugar, one-fourth teaspoonful salt, one pint of milk. Bake slowly for one hour. Sprinkle cinnamon and nutmeg over each layer of bread.

STEAMED BREAD PUDDING.

1 cup soft bread crumbs.
2 cups scalded milk.
¼ cup sugar.
Yolks of three eggs.
½ cup currants or raisins.
½ cup candied orange peel.
¼ teaspoonful salt.
¼ teaspoonful nutmeg.

Mix in the order given. Steam three hours. Serve with wine or creamy sauce.

BROWN BETTY.

In a buttered pudding dish arrange alternate layers of soft bread crumbs and sliced sour apples. Season each layer with bits of butter, a little salt, and ground cinnamon. When the dish is full pour over it one-half cup of molasses, and a half cup of hot water. Bake for one-half or three-quarters of an hour or until the apples are soft. Raisins, chopped almonds or walnuts can be used with the apple. Serve with cream.

COTTAGE PUDDING.

¼ cup melted butter.
¼ cup sugar.
2 eggs.
¼ teaspoonful salt.
1 cup milk.
2 cups flour.
1 rounding teaspoonful baking powder.

Sift the dry materials together; beat the eggs and sugar, and add them with the milk and melted butter. Bake in a round pan with a hole in the center for one-half hour. Serve with lemon sauce.

STEAMED BERRY PUDDING (Mrs. Lincoln).

2 cups flour.
1 teaspoonful baking powder.
½ teaspoonful salt.
1 cup milk.
2 tablespoonfuls melted butter.
2 eggs.
½ cup sugar.
2 cups of berries, or fruit, raisins or currants may be used.

Sift the dry materials together; add the fruit, stir it well around in the flour, then add the rest of the materials. Steam two hours.

CABINET PUDDING.

Butter a mould well. Ornament it with candied fruits. Arrange in it slices of sponge cake or lady fingers; dip them lightly in sherry if you like. Arrange alternate layers of cake and fruit, then pour over it all a custard made of a pint of milk, yolks of three eggs and three tablespoonfuls of sugar; pour it into the mould, bake setting in a pan of water, for one hour. Serve with a wine sauce.

BAKED PINEAPPLE PUDDING.

Pare and grate one pineapple; to every cup of the pineapple add one-half cup of sugar and one-fourth cup of butter creamed together, one cup of thin cream and four eggs slightly beaten, a little salt. Bake in rather a slow oven until it puffs up and the center seems firm. Cover with a meringue made with the whites of three eggs beaten foamy, beat in four tablespoonfuls of powdered sugar till stiff, then fold in two tablespoonfuls. Bake in a slow oven for ten minutes.

STEAMED ORANGE OR PINEAPPLE PUDDING.

Let one cup of soft breadcrumbs soak in one cup of hot milk ten minutes; add one cup of sugar, one cup of orange juice or one cup of grated pineapple and one tablespoonful lemon juice. If orange is used one tablespoonful of grated orange peel with the orange and lemon juice, two eggs, one tablespoonful

melted butter, one-fourth teaspoonful salt, one teaspoonful baking powder sifted with one-fourth cup of flour. Steam in a buttered mould two hours and a half. Serve with a creamy sauce.

QUINCE PUDDING (Mrs. Hill).

Pare and grate six ripe quinces; mix the pulp as grated with the juice of a lemon to keep it from discoloring; add the grated yellow rind of a lemon, a cup of sugar, the beaten yolks of six and the whites of three eggs, and one cup of cream. Mix thoroughly and bake until firm in a buttered pudding dish, standing in a pan of hot water. Serve cold; sprinkle with powdered sugar, or serve with sugar and whipped cream.

BOSTON APPLE PUDDING.

Pare and core sour apples enough to make three good cups before they are cooked. Stew with them one cup and a half of sugar, one-half cup of water, two inches cinnamon bark; cook until they are soft, then mash through a sieve; add one tablespoonful of lemon juice, one cup hot cream, and the yolks of four eggs and one white, and a tablespoonful melted butter. Line a pudding dish with rich pastry and pour in the mixture; bake till firm, or butter a pudding dish and bake without the pastry until firm. Serve with cream, hot or cold.

CORN PUDDING.

Six ears of sweet corn, one quart of milk, or half milk and half cream, one-fourth cup of flour, four eggs, one-half cup of sugar, one-fourth teaspoonful

salt, one tablespoonful melted butter. Cut the corn down through the kernels and press out the pulp. Bake in a buttered mould till firm. Serve hot with lemon sauce.

SNOWBALL PUDDING.

Beat the yolks of four eggs till light, then gradually beat in one cup of granulated sugar. When light add three tablespoonfuls of milk, one cup full of flour, with one teaspoonful of baking powder sifted with it. Beat the whites stiff, fold lightly into the mixture. Fill well-buttered cups or moulds two-thirds full; steam for one-half hour. Serve with lemon, foamy or wine sauce, or any fruit sauce.

NUT PUDDING.

Three-fourths cup of molasses, one-half cup of chopped suet, one cup of sweet milk, two and one-half cups of flour, one cup seeded raisins, one cup chopped English walnuts, one-half cup chopped figs, one-half grated nutmeg, one-half teaspoonful each of cinnamon and salt, three-fourths teaspoonful of soda, mix well together, steam three hours. Serve with a hard or orange sauce.

WEYMOUTH PUDDING.

Two cups stale bread crumbs soaked in one cup hot milk, one cup finely chopped suet, one cup each chopped figs and raisins, one cup sugar, one-half teaspoonful salt, three eggs, juice and grated yellow of the rind of a lemon. Beat all the ingredients well together; steam in a well-buttered mould for three hours.

COCOANUT PUDDING.

Place in the bottom of a buttered pudding dish six fresh cocoanut cakes. Pour over them a custard made of one pint of milk, three eggs, two tablespoonfuls of sugar, a little salt; bake till the custard is firm. Remove from the oven, cover the top with a layer of raspberry jam, or currant jelly; apricot jam is also very delicious with it. Spread over it a meringue made of the whites of two eggs and three tablespoonfuls of powdered sugar, beaten stiff.

Macaroon Pudding can be made in the same way, using macaroons in place of cocoanut cakes.

CRACKER PUDDING.

Butter eight butter crackers; place them in a buttered pudding dish, pour over them a custard made of three cups of milk and the yolks of four eggs and white of one, half cup of sugar, one-fourth teaspoonful of salt; bake till firm. Serve with lemon or orange sauce.

CORN STARCH PUDDING.

2 cups milk.
2 tablespoonfuls corn starch.
¼ teaspoonful salt.
¼ cup sugar.
Yolks of three eggs, white of one.

Scald the milk in double boiler; sift the corn starch, salt and sugar together, stir into the milk. Cook fifteen minutes, stirring until smooth, then add the eggs slightly beaten; cook ten minutes. Serve hot or cold with cream and sugar.

DUTCH APPLE CAKE.

2 cups flour.
½ teaspoonful salt.
2 teaspoonfuls baking powder.
¼ cup butter.
1 egg.
1 cup milk.
4 sour apples.
Sugar and cinnamon.

Sift the dry materials together; rub in the butter, then the milk and beaten egg; spread on a buttered shallow pan; pare, core and quarter the apples, lay them in rows on top of the dough and press the sharp edge a little in the dough; sprinkle them over with sugar and a little cinnamon. Bake in a hot oven thirty minutes. Serve hot with lemon or a hard sauce. *Peaches* can be used in place of the apples.

APPLE SNOWBALL.

Cook one cup of well-washed rice in a double boiler with one-half teaspoonful of salt, one cup of milk and one and one-half cups of water. When the rice has taken in all the liquid, butter small moulds or cups well, line them with one-half inch of the hot rice, fill the center with a quarter of a sour apple; sprinkle with sugar and cinnamon, or lemon juice. Cover it all over with rice, and steam in a steamer, or setting in a pan of hot water on top of the stove for one-half hour. It is better to have the apples slightly cooked first. Peaches or pineapple are delicious used in the same way. Serve with creamy sauce. Be careful in taking them from the mould that they do not lose their shape.

STEAMED CARROT PUDDING.

1 cup bread crumbs.
1 cup carrot.
1 cup potato.
1 cup flour.
1 cup molasses.
1 cup raisins.
1 cup currants.
½ cup suet.
1 teaspoonful soda.
½ teaspoonful salt.
1 teaspoonful cinnamon.
½ teaspoonful nutmeg.

Grate the carrot and potato, add the bread crumbs, sift the spices and soda with the flour, also salt. Add the suet, molasses and fruit, dredge with a little extra flour. Steam in a well-buttered mould for four hours.

BIRD'S NEST PUDDING.

Pare and core six sour apples, and place them in a buttered pudding dish. Mix one-fourth cup of flour and one-fourth teaspoonful salt with a little milk to form a paste; then add the yolks of four eggs, well beaten, a little more milk, then fold in the whites the rest of the milk, making two cups in all. Pour over the apples; bake in a moderately hot oven for three-quarters of an hour. Serve with any kind of a sauce.

BAKED APPLE DUMPLINGS.

Make a rich baking powder biscuit dough; roll it out and cut in squares; pare and core sour apples; fill the center with sugar and a little cinnamon mixed with it, a little piece of butter; wrap each apple in a square of dough, having the points meet on top; dampen them a little with milk and press together; bake for twenty-five minutes, or until the apples are tender, or steam for one hour. Serve with a molasses sauce. A hard or creamy sauce is also good.

ROLLED APPLE DUMPLING.

Make a rich biscuit dough. Roll out about half an inch thick. Peel, core and quarter sour apples; place them in the dough, cover with a little sugar, cinnamon, nutmeg and bits of butter; roll the dough

over the apples, pressing the ends tight together. Steam for an hour and a quarter. Serve with molasses, hard or creamy sauce. Peaches can be used in the same way.

STEAMED APPLE PUDDING.

Fill a mould or dish half full of sour apples that have been pared, quartered and cored, cover with half a cup of sugar, half a teaspoonful of cinnamon and little pieces of butter; cover the top with a rich bissuit dough, cut a slit in the center for the steam to escape. Steam for one hour and a half, or bake in the oven until the apples are tender. Serve with lemon sauce.

APPLE CHARLOTTE.

Cut bread into slices a quarter of an inch thick, then in inch wide strips; dip each piece in melted butter and line a baking dish with them, having the pieces meet closely together. Fill the center of the mould with apple sauce, that has been cooked in quarter pieces, sweetened and flavored with lemon juice. Cover the top with strips of bread dipped in the melted butter. Bake in a hot oven forty minutes. Turn carefully out on a flat dish. Serve with cream or a sauce.

APPLES AND RICE.

Steam one cup of well-washed rice in a double boiler with one-half teaspoonful of salt, one cup of milk and one cup of water till soft; add a little more milk or water if necessary, also cook with it a little

nutmeg, cinnamon or rose water, and a half cup of chopped almonds, if cared for. When the rice is soft and has absorbed the liquid, press it in the shape of a bowl. Cook sour apples that have been cored and pared, in a syrup made of half as much water as sugar, till they are tender; remove carefully with a big spoon, place around the rice and fill the inside with them, boil the syrup down and pour around them. Fill each apple up with whipped cream and put a piece of currant or raspberry jelly on top of each. Serve hot or cold.

APPLE MERINGUE.

Core and pare six or eight sour apples, cover the tops with sugar, a little grated orange or lemon peel and one-half cup of water; cover and bake in a pudding dish till tender. Then cover with a meringue made of the whites of three eggs, beaten until foamy, then beat in gradually four tablespoonfuls of powdered sugar; bake in a slow oven ten minutes. Serve cold.

CUSTARD SOUFFLÉ.

¼ cup sugar.
½ cup flour.
2 cups hot milk.
¼ cup butter.
Yolks of five eggs.
White of five eggs.
1 teaspoonful vanilla.

Mix the sugar and flour together with a little cold milk, stir into the boiling milk, cook for ten minutes, stirring until smooth, then add the butter; mix and stir in the well-beaten yolks. Remove from the stove, add the whites beaten stiff. Bake in a pudding dish or little moulds. Place the dish in a pan of hot water, bake in a hot oven thirty minutes.

If little moulds are used, bake twenty minutes. *Serve at once.* If the soufflé is done before time to serve, let it remain in the oven with the door open. Serve with whipped cream or any light sauce.

CHOCOLATE SOUFFLÉ.

Make the same as custard soufflé; melt two squares of chocolate, mix it with two tablespoonfuls of hot milk and stir into the double boiler before the yolks are added.

PINEAPPLE SOUFFLÉ.

Add one-half cup of grated pineapple to a custard soufflé. After it is removed from the stove, just before the whites are added, use one more egg, and if the pineapple is not sweetened, one-half cup of sugar, instead of a fourth. Serve with whipped cream, flavored with pineapple.

PRUNE SOUFFLÉ.

Beat the whites of five eggs till foamy, add one-fourth teaspoonful cream of tartar, and beat till dry, then beat in gradually half a cup of powdered sugar and one-half cup of prunes that have been cooked, stoned and chopped; turn into a buttered pudding dish, set in a pan of hot water and bake one-half hour. Serve *at once,* in the same dish, with whipped cream or a cold boiled custard.

CHERRY SOUFFLÉ.

Two cups of canned cherries. Butter a mould well and decorate it with the cherries. Mix three

tablespoonfuls of flour with a little cold cherry syrup and stir into one-half cup of the hot syrup. Stir until it thickens, beat the yolks of three eggs and stir into the mixture with one tablespoonful of lemon juice. Remove at once from the stove and when cool fold in the whites beaten stiffly. Turn into the mould, steam for one hour and a quarter, then take the soufflé from the stove. Let it stand in the mould a few minutes before turning out. Serve with sweetened and flavored whipped cream, or with hot cherry juice.

PEACH SOUFFLÉ.

Make the same as cherry soufflé, decorating the mould with half peaches and using two tablespoonfuls of lemon juice.

LEMON SOUFFLÉ (Boston Cooking School).

Beat the yolks of three eggs till light and foamy, beat the whites till dry, then beat the yolks into the whites; beat in gradually a scant half cup of sugar and the juice and grated rind of a lemon, turn into a buttered pudding dish, dust with sugar and bake about twenty minutes. Serve at once with or without a sauce.

RICE SOUFFLÉ.

Cook one-half cup of well-washed rice in one cup of boiling water and one-fourth teaspoonful of salt. When tender drain from the water and put the rice in a double boiler with one cup of milk and one of cream. Cook twenty minutes. Add the yolks of five eggs that have been beaten lightly with five table-

spoonfuls of powdered sugar. Remove at once from the stove, set aside to cool, then add one tablespoonful of grated orange peel and a tablespoonful of the juice, fold in the stiffly-beaten whites. Bake in a well buttered pudding dish forty minutes. Serve at once with a light, delicate sauce.

GINGER PUDDING.

2 cups flour.
1 teaspoonful baking powder.
½ teaspoonful salt.
1 cup milk.
2 tablespoonfuls melted butter.
2 eggs.
¼ cup sugar.
1 tablespoonful lemon juice.
3 tablespoonfuls of finely chopped preserved ginger.

Sift the baking powder, salt and flour together, then mix the ginger thoroughly into the flour, then add the sugar, melted butter, lemon juice, beaten eggs and milk. Steam two hours in a large mould or one hour in individual moulds. Serve with lemon sauce.

DELMONICO PUDDING.

Scald one quart of milk in a double boiler, then stir into it one-half cup of corn starch that has been mixed to a paste with cold milk and half a teaspoonful of salt. Cook for fifteen minutes, stirring constantly until perfectly smooth, then add the yolks of four eggs beaten with one-half cup of sugar. Cook for five minutes, then turn into a buttered pudding dish. Bake twenty minutes. Remove from the oven, cover the top with a layer of jelly or jam and over that a meringue. Return to the oven and brown slowly. Serve hot or cold, with or without whipped cream.

STRAWBERRY PUDDING.

Fill a three-pint mould or pail two-thirds full with alternate layers of sliced sponge cake and macaroons. Add to a pint of the strawberry juice one cup of cream, one-half cup of sugar and one-fourth teaspoonful of salt. Pour it over the cake, cover the mould tightly, steam for two hours. Serve hot with whipped cream, flavored with a little sherry.

VICTORIA PUDDING.

Bake sponge cake in a round pan with a hole in it, fill up the hole with whipped cream and sprinkle the top with red cherries cut in fine pieces. Surround the cake with a Chocolate Sauce.

MILTON PUDDING.

2 cups fresh bread crumbs.
4 cups milk.
2 eggs.
½ teaspoonful salt.
3 tablespoonfuls sugar.
2 oz. or 2 squares of Baker's Chocolate.

Scald the milk in a double boiler, add the chocolate, which has been scraped fine, the sugar and the salt. When the chocolate has dissolved pour the mixture over the bread crumbs, add the eggs, pour in a buttered baking dish and bake until the center is firm, about one-half hour. Serve with a liquid sauce.

COLD DESSERTS.

GARNISHING.

For garnishing cold desserts use fancy cakes, icings, fresh or candied fruits, compotés, jellies, nuts, currants, raisins, angelica, spun sugar, which can be made in nests, balls or to encircle a dish. Fresh flowers and leaves also make a most attractive decoration. Angelica can be cut in strips, then in little diamond shapes, making very effective decoration, and especially so when combined with candied cherries, sugared rose leaves or sugared violets or lilac blossoms. Angelica is not expensive—a ten-cent piece will last quite a while.

FLAVORING.

Essences of fruit, flowers and nuts make some of the best flavoring. They cost about twenty cents a bottle. Vanilla is most commonly used, but many other flavors should help to take its place. It is not considered wholesome. Oranges and lemons are always a pleasant flavor, using the juice or grated yellow of the peel (not the white). The preserved peel makes a delicious flavor as well as a pretty garnish.

LIQUEURS AND WINES.

Liqueurs and cordials are rich syrups of different flavors, with only enough alcohol to keep them. They

give a very delicate and pleasant flavor and are inexpensive, as a bottle will last a long time. Maraschino has the flavor of bitter cherry, noyan of peach, curacao of orange peel. Rum, brandy and wine, either madeira, sherry or port, are used a great deal and impart a very agreeable flavor, if not too generously used.

COLORING.

Use the vegetable coloring paste; it comes twenty-five cents a bottle. A bottle will last a long time, as it requires a very little to give the delicate coloring that you wish to use. Dilute a little in milk or water before using.

BOILED CUSTARD.

2 cups milk.	Speck of salt.
Yolks of four eggs.	Flavor with nutmeg, vanilla,
3 tablespoonfuls of sugar.	or a little sherry wine.

Scald the milk in a double boiler, beat the yolks, sugar and salt together. Pour the hot milk slowly into the egg (stirring all the time), pour back in the double boiler and cook until it is thick like cream, or till it coats the spoon. As soon as it thickens, remove from the stove *at once,* as too long cooking will cause it to curdle. Watch and stir it all the time it is cooking, then strain through a fine strainer and flavor. Using only the yolks gives a much smoother custard. Three yolks can be used, but four makes a much richer custard.

Chocolate Custard.—Melt one-half ounce of Baker's chocolate with a tablespoonful of milk, stir into boiled custard just before straining, flavor with vanilla.

Caramel Custard.—Melt four tablespoonfuls of sugar to a caramel with one tablespoonful of water. Stir into the hot milk before pouring on the egg yolks. Make the same as boiled custard.

Nut Custard.—One-half cup finely chopped walnuts added to boiled custard after straining.

Cocoanut Custard.—One cup finely grated cocoanut added to boiled custard after straining.

Maple Custard.—Sweeten boiled custard with one-half cup of thick maple syrup, add it to the hot milk with the eggs. Candied fruits may be cut fine and added, making a fruit custard.

BAKED OR STEAMED CUSTARD.

1 quart of milk.
6 eggs.
6 tablespoonfuls of sugar.
¼ teaspoonful of salt.

Scald the milk, beat the eggs, salt and sugar together. Pour the milk over them, stirring all the time. Strain into a baking dish, flavor with grated nutmeg, bake standing in a pan of hot water until the custard puffs up, or try with a knife, if it comes out clean, free from the milk, it is done. Watch carefully. Bake or steam in cups or moulds if desired.

BAKED OR STEAMED CARAMEL CUSTARD.

Make the same as plain baked or steamed, with the exception of melting the sugar to a caramel with two tablespoonfuls of water, then adding it to the hot milk. Steam in a buttered mould and serve; if you like, serve cold, with caramel sauce.

BAKED OR STEAMED CHOCOLATE OR COCOANUT CUSTARD.

Melt one ounce of chocolate in the hot milk for chocolate custard. Bake in a buttered mould, set in a pan of hot water. Serve very cold with custard sauce or surrounded with whipped cream that has a few maraschino or candied cherries strewn over it. Make the same as baked or steamed custard.

Baked Cocoanut Custard.—Add one cup of grated cocoanut to the hot milk. Bake or steam.

FLOATING ISLAND.

Beat the whites of three eggs stiff with one tablespoonful of powdered sugar. Scald two cups of milk for boiled custard, poach the whites in the milk until firm, two tablespoonfuls at a time. Remove carefully on a sieve. Make the boiled custard. Serve the whites on the custard with a piece of bright colored jelly on top, or blanched almonds, stuck endwise into the white.

APPLE SNOW.

Quarter and core two cups of sour apples (do not pare), steam or stew the apples till tender, mash through a sieve. Beat the whites of two eggs stiff with half a cup of powdered sugar, add the apple and one tablespoonful of lemon juice or a grating of nutmeg. Beat till like snow. Pile in a dish with bits of bright jelly on top. Serve with or without cream.

IRISH MOSS BLANC MANGE (Mrs. Lincoln).

½ cup Irish moss.
1 quart of milk.
¼ teaspoonful of salt.
1 teaspoonful vanilla, or two tablespoonfuls of wine.

Soak the moss in cold water for fifteen minutes, pick it over, wash and tie in cheese cloth, boil it in the milk till it thickens when dropped on a cold plate, add the salt, strain, flavor. Mould in small cups or egg shells. Serve with sugar and cream.

Blanc Mange may be made by using one tablespoonful of sea moss farina. Stir it into the boiling milk. Cook twenty minutes.

PLAIN BAVARIAN CREAM (Chocolate and Coffee).

2 tablespoonfuls granulated gelatine.
2 tablespoonfuls cold water.
½ cup sugar.
2 cups cream.
Flavor.

Soak the gelatine in cold water, whip the cream until you have about three pints (if it is the thin cream; if heavy cream, use one cup). Scald the remainder of the thin cream, if thick cream is used, scald one cup of milk, add the gelatine to the hot milk. Strain, flavor with vanilla, wine, melted chocolate or one-half cup of strong coffee. Place the dish in one of cracked ice, stir until it begins to thicken, then fold in the whipped cream. Pour into a mould. When stiff enough to drop from a spoon, mould in individual or a large mould. The mould can first be decorated with half preserved peaches, slices of orange or pineapple, candied fruits or angelica.

BAVARIAN CREAM WITH EGGS.

2 cups heavy cream, whipped.
2 cups milk.
2 tablespoonfuls granulated gelatine.
½ cup cold water.
½ cup sugar.
Yolks 4 eggs.
Speck of salt.
Flavoring.

Soak the gelatine in cold water, whip the cream, heat the milk in a double boiler, beat the egg yolks,

sugar and salt together, stir into the hot milk, cook for two minutes, stirring constantly. Add the soaked gelatine. Strain into a big bowl or granite dish, set in a pan of cracked ice. When cool add flavoring, vanilla or almond, a teaspoonful each, a half cup of candied orange peel and two tablespoonfuls of the juice. Stir until it begins to harden, then fold in the cream. Mould.

FRUIT BAVARIAN CREAM.

2 cups of any kind of fruit juice or pulp sweetened to taste.
1 tablespoonful lemon juice.
3 tablespoonfuls gelatine.
½ cup cold water.
½ cup boiling water.
2 cups heavy cream.

Soak the gelatine in cold water, dissolve in the boiling water. Add it to the fruit juice or pulp. Set the dish in one of ice water or cracked ice. Stir until it begins to thicken, fold in the whipped cream. The mould may be garnished with the whole fruit, or surrounded by it when served. To garnish the mould place the fruit around the mould, hold it in place with a little of the Bavarian cream. When it is firm pour carefully in the remainder. It is better to mould fruits in an earthen or agate mould.

FRUIT BAVARIAN CREAM (No. 2).

If you wish to mould in layers, put half of the dissolved gelatine in the cream and the other half in the fruit. Pour one-half of the cream first in the mould. When that is firm pour in the fruit. Allow that to become firm, then add the rest of the cream, making three layers, with the fruit in the center. Garnish with whipped cream, flavored with the fruit juice.

BAVARIAN IN THE SHELL.

Line a mould with lady fingers or maccaroons, dipped lightly in wine, if liked. Fill up with Bavarian cream, garnish with whipped cream sprinkled over with candied fruits or nuts.

BAVARIAN EN SURPRISE.

Use a double mould for this, or one small mould set in a larger one. Line the mould with chocolate or coffee Bavarian. Fill the center with the plain Bavarian or flavor the plain with chopped nuts that have been soaked a half hour in wine or orange juice. Or line a mould with the fruit Bavarian, fill the center with the plain, garnish with fruit or whipped cream. Or line the mould with Bavarian cream and fill the center with the fruit Bavarian.

PINEAPPLE BAVARIAN CREAM.

Scald one pint of grated pineapple, add one-half package of gelatine, softened in one-half cup of cold water and the juice of one-half lemon. Set this mixture in a dish of ice water and stir till it begins to thicken, then fold in two cups of heavy cream beaten stiff, mould. One-half of this quantity will serve six people.

CHARLOTTE RUSSE.

1 level tablespoonful of granulated gelatine.
¼ cup of cold water.
2 cups cream.
⅓ cup powdered sugar.
2 tablespoonfuls sherry, or 1 teaspoonful of vanilla may be used in place of the wine.
1 dozen lady fingers.

Soak the gelatine a few minutes, add to it one-fourth cup of boiling water to dissolve it. Whip the

cream, add the sugar and flavoring, then gradually whip in the gelatine, setting the dish in a pan of ice water; line the mould with the lady fingers; when the cream becomes stiff, pour into the mould.

PETITE SPONGE BAVARIAN.

Bake sponge cake in very thin sheets; with a biscuit cutter cut from it small cakes. Make a plain Bavarian cream and spread one-half inch thick on the small cakes, place one on top, making a sandwich; when the Bavarian cream seems firm cover the sandwiches all over with a chocolate frosting; sprinkle small candies over the top.

DIPLOMATIC PUDDING.

Mould in a double mould. Line a mould one inch thick with wine, orange or lemon jelly, fill up the center with Bavarian cream. First decorate the mould with candied fruits, making same design, hold the decoration in place with a little of the jelly the mould is to be lined with. When firm, line with the jelly, decorate with whipped cream, sprinkle over with the fruits.

FRUIT CREAM.

Soften one and one-fourth tablespoonfuls of granulated gelatine in one-fourth cup of cold water, dissolve with one-fourth cup of hot milk, add one-half cup of sugar, one-half cup each of cooked figs and prunes, cut in small pieces, and one-half cup of white grapes skinned, seeded and cut in pieces. Mix all together with one cup of heavy cream, whipped, stir occasionally until it begins to set, then mould.

PINEAPPLE SPONGE.

Two cups grated pineapple sweetened to taste, add one tablespoonful granulated gelatine that has first been softened in one-fourth cup cold water and dissolved in a little hot water. Set in a dish of cold water or cracked ice, stir until it begins to thicken, add a tablespoonful of lemon juice and fold in the whites of four eggs. Mould, serve with whipped cream flavored with the pineapple or custard sauce.

SNOW PUDDING.

Make a lemon or orange jelly. When it begins to thicken beat in the whites of three eggs that have been whipped stiff. Beat all together vigorously until it is stiff enough to drop from a spoon, mould, serve with custard sauce.

LEMON JELLY.

½ box gelatine.
½ cup cold water.
2 cups boiling water.
1 cup sugar.
⅔ cup lemon juice.

Soak the gelatine in cold water, dissolve with the boiling water, then add the sugar and lemon juice. When all is dissolved, strain and mould.

ORANGE JELLY.

½ box gelatine.
½ cup cold water.
½ cup boiling water.
2 tablespoonfuls lemon juice.
1 cup sugar.
2 cups orange juice.

Soften the gelatine in cold water, dissolve it with the hot water, add the sugar, lemon juice, orange. When all is dissolved, strain through a cheese cloth.

Mould, garnish the mould, if you like, with slices of orange held in place with a little of the jelly, unmould and surround with whipped cream, sprinkled over with candied orange peel. Or serve the orange jelly in orange basket made from the skin, with a little whipped cream on top. Set the orange basket on a few green leaves.

COFFEE JELLY.

½ box gelatine.
½ cup cold water.
½ cup sugar.
1 cup boiling water.
1½ cups strong coffee.

Soften the gelatine in the cold water, add the boiling water, sugar, coffee. When well dissolved, strain through a cheese cloth, mould, serve with whipped cream flavored with a little orange.

WINE JELLY.

½ box gelatine.
½ cup cold water.
1 cup boiling water.
2 tablespoonfuls lemon juice.
1 cup sugar.
1 cup sherry wine or one cup of madeira.
2 tablespoonfuls of brandy.

Soften the gelatine in the cold water, add the hot water and sugar and the rest of the materials, strain through a cheese cloth. The mould can first be decorated with maraschino cherries.

CHAMPAGNE JELLY.

Make the same as wine jelly, using one cup of champagne. Omit the brandy.

SAUTERNE JELLY.

Make the same as wine jelly, omit the brandy, use one cup and a half of sauterne.

ROMAN JELLY.

Into one quart of lemon jelly put two wine glasses kirsch and one of rum, divide this into three equal parts, color one green, the other red and leave the rest uncolored. Whip each part till they begin to thicken, then put in a mould in alternate layers.

PEACH CHARLOTTE.

1 tablespoonful granulated gelatine.
¼ cup cold water.
¼ cup boiling water.
½ cup sugar.
2 tablespoonfuls lemon juice.
1 cup peach juice.
Whites of three eggs, or one cup of heavy cream, whipped.

Soften the gelatine in cold water, dissolve in hot water, add the sugar, lemon and peach juice, strain. When it begins to thicken, fold in the stiffly beaten whites or the whipped cream. Line a mould with half peaches, hold them in place with a little of the jelly. When they are firm, gently pour in the charlotte, garnish with whipped cream and peaches.

ORANGE AND STRAWBERRY CHARLOTTE.

Make the same as peach charlotte. For orange use one cup of the orange juice and one cup of sugar. Line the mould with slices of orange. Garnish the dish with whipped cream, flavored with orange.

For Strawberry Charlotte, line the mould with large strawberries, hold in place with the jelly. Make the same as peach charlotte, using one cup of strawberry juice and one cup of sugar. Garnish the dish with whipped cream and strawberries.

SPANISH CUSTARD.

1 tablespoonful granulated gelatine.
2 tablespoonfuls cold water.
½ cup boiling water.
Yolks of three eggs.
¼ teaspoonful salt.
2 cups thin cream.
Whites of three eggs.
Flavoring.
½ cup sugar.

Soak the gelatine in cold water, then dissolve in boiling water. Beat the yolks, sugar and salt together. Scald the cream and pour over the egg and sugar. Return to the double boiler and cook till it thickens, then add the gelatine and whites of eggs, take from the fire and flavor with an essence, wine or orange or lemon peel preserved. Mould.

ITALIAN JELLY.

Make a lemon, orange or wine jelly. Decorate the mould with preserved fruits or nuts, hold in place with a little of the jelly, just a few drops on each piece. When it is set, pour in a layer of the gelatine an inch thick. When that is firm, cover with a layer of fruits or nuts, hold these in place with a little of the gelatine, and so on until the mould is full. Garnish with whipped cream and the fruits and nuts.

RICE CREAM.

Put one-half cup of well washed rice on to boil in one quart of boiling salted water, and the yellow of the rind of one-half orange, or lemon. When the rice is tender, drain, remove the peel, mix lightly with the rice one tablespoonful of gelatine that has been softened in a little cold water and dissolved with one-half cup of hot milk and one-half cup of sugar. When the mixture begins to be a little firm, flavor with three tablespoonfuls of sherry or madeira (that

can be omitted), and fold in one cup of heavy cream whipped stiff. Mould. This can be garnished with whipped cream and candied orange or lemon peel, or serve with plain cream or preserved fruits.

RICE AND ALMOND CREAM (Mrs. Lincoln).

Blanch and cut fine one-half cup of almonds. Put them in double boiler with three cups of milk, one-fourth cup of sugar and one-half teaspoonful of salt. When hot, add one cup of well-washed rice. Cook until the rice is tender. When ready to serve dip out in frappé glasses, having them about half full, put on a teaspoonful of jelly, then fill with thick whipped cream, with more jelly on top.

APPLE CHARLOTTE RUSSE.

Pare and core three or four cooking apples. Cook with them the yellow rind of half a lemon or orange and half an inch of stick cinnamon. Cook until the apple is very tender. Press through a sieve. There should be one cup of the pulp. Cook half a cup of sugar with one-fourth cup of water to the thread stage, pour slowly onto the white of one egg beaten stiffly, stirring all the time. Beat frequently until cold, then add to the apple with three tablespoonfuls of sherry wine and one tablespoonful of granulated gelatine that has been softened in one-fourth cup of cold water, then dissolve over hot water. Set the mixture in a pan of ice or snow, stirring until it begins to thicken, then fold in one cup of heavy cream that has been whipped stiff with one-fourth cup of powdered sugar. Fill the mould decorated with lady fingers or macaroons. Garnish, when unmoulded,

with whipped cream and cherries. Apricots can be used in place of the apples.

CHARLOTTE SNOWBALLS.

Bake sponge cake mixture in deep round gem pans. When cold ice the outside with a boiled icing. Fill up the center with whipped cream sweetened and flavored. Place a candied cherry on top or fill with wine or orange jelly and whipped cream. The cakes may be surrounded with the jelly when served.

CHOCOLATE BAVARIOSE (Boston Cooking School).

Melt two ounces of chocolate (in a double boiler) with one-fourth cup each of sugar and water. Cook until glossy, add to it one cup of milk. When hot add the yolks of three eggs that have been well beaten, with one-fourth cup of sugar. Cook in the hot milk and chocolate till the mixture coats the spoon, then add one tablespoonful of granulated gelatine that has been softened in one-fourth cup of cold water, strain. Set the dish in cold water or surround with cracked ice. Flavor with one teaspoonful of vanilla. Stir until the mixture becomes thick, then fold in one cup of heavy cream that has been whipped stiff. Mould. When ready to serve, surround with whipped cream and garnish with a few candied cherries or other fruits.

NEWPORT WHIPS.

Mix two cups of sweet or sour cream with half a cup of fruit juice and one tablespoonful of lemon juice, and half a cup of powdered sugar. Beat till stiff. Serve in glasses with sponge cake or first line the glasses with lady fingers and fill up with the whip.

STUFFED FIGS.

Select fine, large figs, wash them, make an opening on the side of each fig and press in a teaspoonful of English walnut meats finely chopped, fasten together with a toothpick. Cover with boiling water, cook until tender. The time depends upon the toughness of the figs. Ten minutes before removing from the fire add one-third cup of sugar and the juice of half a lemon (this amount is for a pound of figs). Flavor with sherry wine. Serve with whipped cream.

ORANGE SECTIONS MOULDED IN JELLY.

Make an orange jelly, have ready individual moulds. Set in ice water, pour in a very little of the jelly. When hard arrange in each a section of orange that has been freed from the skin. Add a few drops of the jelly to hold it in place. When firm, fill up the mould with the jelly. To serve, remove from the mould, surround with whipped cream that has been sweetened.

PINEAPPLE IN THE SHELL.

Select a pineapple that has a nice green top. Cut a slice from the top, remove the pineapple, cut in small pieces and use the same amount of orange and bananas, mix with the pineapple, sprinkle with sugar, chill. When ready to serve, replace in the shell with the top on, surround the base with green leaves and serve from the shell.

CHESTNUT PUREE WITH CREAM.

Use the large French chestnuts. With a sharp-pointed knife, cut a cross on the shell of the chestnut,

put in a pan in the oven with a teaspoonful of butter. Let bake until the shell is well broken open, then the skin will come from the nut shell, boil in hot water with a little salt till tender, then mash through a purée sieve. Put in a double boiler, sweeten, flavor, add a little cream, stir over the hot water till almost dry, press through a colander or potato ricer, onto the serving dish, making a mound, surround with whipped cream that has been sweetened a little and flavored.

CHESTNUTS WITH CREAM.

Remove the shell and skin (as given in chestnut purée), boil till tender, then add sugar (a half cup of sugar to a pound of chestnuts), and boil until clear. Let them remain in the syrup until cold, then drain. Pile on a dish, boil the syrup down to a thick consistency, pour over the nuts. Serve cold with whipped cream.

PARIS DE MARRONS (Chestnuts).

Make a purée of boiled chestnuts (see chestnut purée with cream), sweeten and flavor with lemon, vanilla or sherry to one pint of purée, add one tablespoonful of granulated gelatine that has been softened in a little cold water and dissolved over hot water, and one-half cup of heavy cream whipped. Mould, garnish with whipped cream and glacé chestnuts.

CHERRY CREAM.

One and one-half tablespoonfuls of granulated gelatine softened in one-fourth cup of cold water, then add one-half cup of boiling water, one-half cup of sugar (the amount of sugar depends upon the acidity

of the fruit), one cup of cherry juice, juice of half a lemon. When this is cold enough to hold together, add one cup of whipped cream. This is very pretty moulded in individual moulds and served on sponge drops.

FROZEN DESSERTS.

Frozen desserts are much more acceptable in warm weather than hot desserts. They can be prepared several hours before using, which is often greatly in their favor. Every household should be supplied with an ice cream freezer, and the art of making frozen desserts (which is very simple), should be acquired.

Proportions of Salt and Ice.—The ice should be cracked very fine. Use coarse rock salt. In freezing ice cream or sherbets, three measures of ice to one of salt is used. Place the can inside the freezer with the mixture in it, put on the cover and adjust the crank firmly, turn the crank to see that it is in proper working order, pack the three measures of ice and one of salt around the can and so on till the freezer is full. Turn slowly at first (this makes it fine grained); turn constantly until the mixture stiffens—this you can tell by the way the crank moves. Before removing the cover wipe off all the ice and salt, remove the paddle, pack down the mixture solid with a spoon, replace the cover, put a cork in the hole, drain off the water and if not to be used at once, pack the freezer full with ice and salt. Cover the top with an old piece of carpeting or thick cloth.

Mousses, Parfaits, are whipped cream flavored with or without eggs, packed in ice and salt. To pack them use two measures of ice to one of salt.

To Unmould Frozen Desserts.—Dip the mould in cold water, wring out a cloth in warm water, wrap around it and invert on the serving dish.

PUNCHES AND SHERBETS.

These are water ices and are usually served in glasses. Punches are simply ices or sherbets, with liquors added.

LEMON SHERBET.

1 quart of water.
2½ cups of sugar.
2 cups of lemon juice.
Juice of one orange.
White of one egg.

Boil the sugar and water together for ten minutes; when cold add it to the lemon and orange juice; freeze. When nearly frozen, add the white of egg beaten to a foam.

ORANGE SHERBET.

Make the same way as lemon sherbet, using one pint of orange juice, juice of one lemon, two cups of sugar.

PINEAPPLE SHERBET.

1 quart of water.
2 cups of sugar.
1 can grated pineapple.
Juice of two lemons ~~and one orange~~.
White of one egg.

Make the same as lemon ice. The sherbet is made more delicate by pressing the pineapple through a sieve or squeezing through cheese cloth.

STRAWBERRY, RASPBERRY AND CURRANT SHERBETS.

Heat the berries in a little hot water for about five minutes, then squeeze through cheese cloth; to every pint of juice add the juice of one lemon. Boil two cups of water, one and one-half cups of sugar to-

gether for ten minutes, add to the juices, freeze, adding the white of egg just before it is frozen.

CHERRY, PEACH, APRICOT AND PLUM SHERBETS.

These fruits should be cooked in a very little water. When tender, squeeze through cheese cloth. Make the same as strawberry sherbet. One cup of whipped cream may be added to sherbets after they are frozen, stirring the crank a few times to mix the cream with the sherbet.

APPLE SHERBET.

Select nice, bright-flavored apples; cook with them a piece of cinnamon bark and a pinch of salt, and water enough to cover. When very soft and fine, mash through a pureé sieve; add a grating of nutmeg and the juice of a lemon; sweeten to taste. Freeze, adding the beaten white of egg, as in other sherbets. A little preserved ginger cut in small pieces may be added with the white of egg.

BOSTON SHERBET.

Four cups raspberry juice, from fresh or preserved berries; juice of one lemon; sweeten to taste, then add one-half cup of maraschino; freeze. When frozen, stir in one-half cup of maraschino cherries, cut in small pieces. Add the white of egg as in other sherbets.

GRAPE SHERBET.

3 cups water.
2 cups sugar.
¼ cup lemon juice.
¾ cup orange juice.
2 cups grape juice (purple grapes).
White of one egg.

Boil the sugar and water for fifteen minutes; add the fruit juices, freeze, and add the white of egg before it is quite stiff.

MILK SHERBET (Mrs. Durand).

4 cups of milk.	3 cups sugar.
Juice of three lemons and grated rind of one.	White of one egg.

Do not add the milk until ready to freeze. Serve ten people.

GRAPE BOMBE.

Line a mould with the grape sherbet an inch thick. A melon mould makes a pretty bombe. Fill the center with sweetened whipped cream; cover the top over with the sherbet; pack, buried in ice and salt, for three hours, using two measures of ice to one of salt.

Bombes.—Any of the sherbets used the same as the grape, makes delicious bombes, strawberry or raspberry being particularly delicious.

FRAPPÉ.

Frappés are made the same as sherbets, only not frozen as hard.

COFFEE FRAPPÉ.

1 quart of clear black coffee.	Speck of salt.
1 cup sugar dissolved in the coffee.	White of one egg, added before it is quite frozen.

Serve in glasses with a little whipped cream on top.

PUNCHES.

Punches are used to serve between courses, or with a meat course. They should be frozen only to a mush.

TOMATO PUNCH.

Cook together one-half can of tomatoes, one cup of water, three apples cut in eighths (without peeling), one cup of sugar, one-fourth teaspoonful of ginger. When the apples are tender, rub through a fine sieve and add the juice of one lemon, two tablespoonfuls of preserved ginger cut in fine pieces, four tablespoonfuls of maraschino; freeze; serve in glasses.

TEA PUNCH.

Make one quart of strong tea, made from Ceylon or Oolong; add the juice of one orange and of half a lemon, one cup of sugar, and before it is quite frozen add the beaten white of an egg. After freezing, stir in one cup of whipped cream; or, omit the cream in the freezing and put a spoonful on the top of the glasses when serving.

GRAPE FRUIT PUNCH.

Boil one cup of sugar and two cups of water for fifteen minutes; add one cup of grape fruit juice, and the juice of one large lemon, the beaten white of one egg.

MINT PUNCH.

4 cups water.
2 cups sugar.
1 cup lemon juice.
Juice of one orange.
White of one egg.
1 cup creme de menthe cordial.

Just before the punch is frozen, add the beaten white of egg, finish freezing and stir in the cup of cremé de menthe; pack for one hour; serve in glasses.

ROMAN PUNCH.

Make the same as the mint punch, using the lemon ice for the foundation, and add, after freezing, a cup of rum. Orange ice may be used in place of the lemon ice for any of the punches.

CHAMPAGNE PUNCH.

Make an orange sherbet. When frozen, add a cup of champagne.

SAUTERNE PUNCH.

Make the same as champagne punch, using one cup of sauterne in place of the champagne.

CURACAO, MARASCHINO, NOYON PUNCH.

Make a quart of pineapple, orange or lemon sherbet; when frozen, stir in one cup either of champagne, sauterne or rum, and a half cup of any of the above cordials.

GINGER ALE IN PUNCHES.

In making the sherbets for the punches, one quart of ginger ale can be used in place of the water. This gives a very bright, sparkling punch, and when sauterne is added to it, can hardly be recognized from champagne punch.

Serving.—These punches will serve twelve people.

ICE CREAMS.

VANILLA ICE CREAM.

4 cups of cream.
1 cup of sugar.
1 tablespoonful of vanilla.
1 egg.

Beat the egg until foamy, then beat in the sugar, add flavoring and cream; freeze.

LEMON ICE CREAM.

Make the same as vanilla, omitting the vanilla, and adding the juice of one lemon. Decorate the ice cream with preserved lemon peel.

ORANGE ICE CREAM.

4 cups heavy cream.
1 cup orange juice.
Juice of one lemon.
1¾ cups of sugar.
1 egg.

Beat the sugar and egg together, add the orange and lemon juice, and just before freezing mix it with the cream.

PINEAPPLE ICE CREAM.

4 cups heavy cream.
1½ cup sugar.
1 cup grated pineapple.
Juice of one lemon.
1 egg.
More sugar if necessary.

Mix all together, beating the egg and sugar till light; add the pineapple and lemon and cream just before freezing.

PEACH AND APRICOT ICE CREAM.

4 cups cream.
1 egg.
1 cup of the fruit pulp.
Sweeten to taste.

Beat the egg, mix all together, freeze.

COFFEE ICE CREAM.

4 cups heavy cream.
1 cup sugar.
1 cup black coffee.
1 egg.

Beat the egg, add sugar, cream and coffee, freeze.

WALNUT ICE CREAM.

4 cups cream.
1 cup sugar.
1 egg.
1 cup walnut meats chopped fine.

The walnut meats can be soaked in a little sherry wine one hour before freezing if liked. Beat egg, add sugar and cream, and freeze. When frozen, stir in the nuts.

GINGER ICE CREAM.

4 cups cream.
1 egg.
½ cup sugar.
1 cup preserved ginger cut in small pieces.

Beat the egg, add sugar to cream, freeze. When nearly frozen add the ginger.

ALMOND ICE CREAM.

4 cups cream.
1 cup sugar.
1 egg.
2 teaspoonfuls vanilla.
1 teaspoonful almond.

Color green with coloring paste, mix and freeze.

RICE ICE CREAM.

Cook one-half cup of rice till very tender, with the yellow rind of half a lemon. Make a vanilla or lemon ice cream. When frozen, stir in the rice. Make this cream fully an hour before serving.

NEAPOLITAN ICE CREAM.

Make a vanilla ice cream; pack one-third of it in a mould. Mix one square of Baker's chocolate with another third; pack that in the mould; add a teaspoonful of almond to the last third and color green with coloring paste; pack smoothly over the chocolate, cover the mould securely; pack in ice and salt for two hours.

CARAMEL ICE CREAM.

Cook three-fourths of a cup of sugar to a caramel and dissolve with one-half cup of hot water; add the water gradually and let remain on the back of the stove until the caramel dissolves. When cool, add it to one quart of cream, one-half cup of sugar and one beaten egg; freeze.

MACAROON ICE CREAM.

Make a vanilla ice cream, using four cups of cream. Roll half a dozen macaroons to a powder, soak in sherry for ten minutes, add to the cream after it is frozen. The sherry may be omitted if desired.

FRESH FRUIT ICE CREAM.

Make a plain ice cream, the same as for vanilla ice cream, omitting the vanilla. Use two cups of the fresh fruits and pulp; sweeten to taste. In using raspberries for raspberry ice cream, it is better to cook them for about five minutes, then they will mash through a sieve more easily.

PISTACHIO ICE CREAM.

4 cups cream.
1 cup sugar.
1 egg.
2 teaspoonfuls vanilla.
1 teaspoonful almond.
Green vegetable coloring.

Beat the egg, add sugar, cream and flavoring; these two flavorings give the flavor of pistachio, and color with a little of the coloring that has been dissolved in a little of the cream.

FROZEN PUDDING OR TUTTI-FRUTTI.

Make a vanilla ice cream, using heavy cream. To one quart of the ice cream add, after it is frozen, one cup of candied plums, apricots and cherries (one cup all together) that have been cut in fine pieces and soaked in sherry or maraschino, with a tablespoonful of brandy, if cared for, for one hour. Turn in a mould, pack in ice and salt two hours before serving, or serve from the freezer.

PLUM PUDDING GLACÉ.

Make one quart of chocolate ice cream, prepare and add one cup of the fruits, as given in frozen pudding.

FROZEN ELLIOTT PUDDING.

Make a vanilla ice cream. Line a melon mould with macaroons that have first been dipped lightly in sherry; spread them over with apricot jam, fill up the mould with the vanilla ice cream, pack in ice and salt for two or three hours before serving. This pudding can be served with a brandy sauce.

FROZEN BANANAS.

1 dozen bananas.
2 cups of sugar.
2 cups of water.
Juice of three oranges.
2 cups heavy cream.

Boil the water and sugar five minutes, cool, then add the bananas, which should be mashed to a pulp, and juice of oranges; freeze. Just before it is frozen add the cream, which has been whipped stiff. Any fruit can be used in this way. This will serve fifteen people.

ORANGE DELICIEUSE.

Boil together for ten minutes three cups of sugar and one and one-half cups of water; cool, add three cups of orange juice. Scald in double boiler one and one-half cups of cream; when scalded, add the beaten yolks of three eggs; cook till it coats the spoon (about five minutes). When cold, mix with the syrup; beat one cup and a half of thick cream and add to the other ingredients, then freeze at once. When nearly frozen, stir into it one-half cup of finely shredded orange peel. This will serve eighteen people. This receipt can easily be divided, using one or two thirds, as one likes.

FROZEN PINEAPPLE PUDDING.

Place on each side of a melon mould a nice slice of canned pineapple. Put one cup of the juice in a sauce pan with the yolks of four eggs (beaten slightly), stir until it begins to thicken; remove from the fire and beat with a Dover beater until cool, then add half a cup of grated pineapple and one cup of heavy cream beaten stiff. Fill up the mould with the mixture, pack in ice and salt for three hours. Oranges

may be used in this way, filling the mould with orange ice cream and lining it with slices of orange.

PEACHES, APRICOTS AND GRATED PINEAPPLE FROZEN IN THE CAN.

Place a tin can of any of these fruits in a deep pail or tub, pack with ice and salt (two measures of ice to one of salt) for three hours. Open the can with the can opener, remove, without breaking, onto the serving dish, surround with whipped cream and serve.

Serve Ice Creams or Sherbets in champagne glasses with whipped cream on top, coloring the cream an opposite color from the frozen cream, using the juices of fruits or berries or jellies.

LALLA ROOKH OR FROZEN EGG-NOG.

- 4 cups of cream.
- 4 eggs.
- 1 cup sugar.
- ½ nutmeg grated.
- ½ cup of rum.
- 2 tablespoonfuls of brandy.

Beat the eggs to a stiff foam, add the sugar and beat again. Mix with the cream nutmeg and a speck of salt and freeze; when frozen, stir in the rum and brandy.

NESSELRODE PUDDING.

Make a vanilla ice cream with a rich, thick cream. Boil one cup of blanched French chestnuts until tender; mash through a puree sieve, one cup of mixed candied fruits cut in small pieces; moisten with two tablespoonfuls of maraschino, sherry or orange juice. Stir the fruit into the cream after it is frozen; let stand fully an hour before serving.

SULTANA ROLL AND CLARET SAUCE.

Line one-pound baking powder cans with pistachio ice cream, sprinkle with sultana raisins that have first been boiled for five minutes, then soaked several hours in brandy (drain from the brandy before using). Fill the center with whipped cream that has been sweetened and flavored; cover the top with pistachio ice cream; pack in ice and salt for two hours before serving. Serve with claret sauce.

Boil one cup of sugar and one-half cup of water to a thick syrup; when cool (not cold), add one-third cup of claret. Serve very cold over the sultana roll.

MARASCHINO, SHERRY, PORT AND BRANDY SAUCES.

Make the same as claret sauce, using whatever liquor you like.

SAUCES FOR ICE CREAM.

Can be made from sweetened whipped cream, chilled and flavored.

GINGER SAUCE (Boston Cooking School).

Dilute two teaspoonfuls of corn starch with water and stir in one-fourth of a cup each of brandy and ginger syrup, and two tablespoonfuls of lemon juice; cook five minutes, then add one-fourth cup of finely-chopped ginger, a few gratings from the rind of a lemon and one teaspoonful of butter. Serve hot or cold.

MAPLE SAUCE FOR ICE CREAM.

Boil two cups of maple syrup until quite thick, then add one-half cup of cream and a speck of salt; cook until it will form a soft ball when tried in cold water, then pour over the ice cream. Keep it hot by standing the dish in hot water until ready to use.

HOT CHOCOLATE SAUCE FOR ICE CREAM.

Mix one ounce of grated chocolate with one cup of sugar, add one-fourth cup of water, one-fourth cup of cream, speck of salt, cook till it will form a soft ball when tried in cold water. Serve at once, or keep hot by setting in hot water. This sauce may be used cold if preferred.

HOT COFFEE SAUCE FOR ICE CREAM.

Boil one cup of sugar and half a cup of cream for five minutes, with a speck of salt, then add one cup of strong black coffee; boil for ten minutes, or until it becomes a thick syrup.

HOT RASPBERRY AND STRAWBERRY SAUCE.

Boil one cup of sugar, two cups of fruit juice and one tablespoonful of lemon juice to a thick syrup. Serve hot or cold.

HOT ORANGE SAUCE FOR ICE CREAM.

Mix with one cup of orange juice and the juice of one lemon one teaspoonful of corn starch that has been dissolved in a little cold water, one cup of sugar; cook to a thick syrup, strain, and serve hot or cold.

MOUSSES.

Mousses are whipped cream, fruit pulps and flavorings mixed together and packed in ice and salt to freeze.

FRUIT MOUSSES.

Whip two cups of cream stiff. If the thin cream is used, drain it through a sieve before adding to the pulp. Mix enough sugar to the pulp to sweeten—the amount depends upon the acidity of the fruit—then mix with the cream, pour in a mould, pack in ice and salt for three hours, using two measures of ice to one of salt. Raspberries and peaches make very delicious mousse, the flavor of the preserved being almost as good as the fresh fruit. 7 Peaches to Pt

COFFEE, CHOCOLATE, CURACAO OR NOYON MOUSSES.

Whip two cups of cream stiff, add to it three-fourths cup of black coffee that has been cooked to a thick syrup with three-fourths cup of sugar, then cooled. Pack in ice and salt.

Chocolate Mousse.—Melt two ounces of chocolate, add to it one-half cup of cream; add three-fourths cup of sugar; melt all together, cool, and add to two cups of whipped cream. Pack in ice and salt for three hours.

Curacao and Noyon Mousse.—Add one-half cup of curacao or noyon to two cups of whipped cream, sweeten with a little powdered sugar if necessary. Pack for three hours in ice and salt.

PARFAITS.

Parfaits are flavorings, whipped cream and eggs. They are frozen by being packed in ice and salt.

ANGEL PARFAIT.

Boil one cup of sugar and one-half cup of water till it threads, then pour in a fine stream on the whites of two eggs beaten till foamy. Set in a dish of ice water and beat until cold. Add two teaspoonfuls of vanilla, fold into it two cups of heavy cream beaten stiff. Turn into a mould and pack in ice and salt for three hours, two measures of ice to one of salt.

PINEAPPLE PARFAIT.

Make the same as angel parfait, omitting the vanilla and stirring into the syrup and eggs when cold one cup of grated pineapple.

MAPLE PARFAIT.

To one cup of rich maple syrup add the beaten yolks of four eggs, cook in a sauce pan, stirring continually till it boils. Boil for five minutes, strain, set aside to cool. Beat two cups of heavy cream until stiff, then fold in the beaten whites of the eggs. Whip the syrup with a Dover beater until very light, and stir all the ingredients together; mould and pack in ice and salt for three hours. This amount will serve twelve people.

GINGER PARFAIT.

Heat one cup of ginger syrup, pour slowly over the whites of two eggs; beat two cups of heavy cream stiff, add to the other ingredients when cold, with half a cup of the preserved ginger that has been put through a meat grinder, or chopped very fine. Pack in ice and salt for three hours.

CAFÉ PARFAIT.

Boil one cup of clear black coffee and three-fourths of a cup of sugar to a thick syrup, then slowly pour over the whites of two eggs that have been beaten to a foam; beat till cold, mix with two cups of heavy cream that has been whipped stiff, mould and pack in ice and salt for three hours.

PARFAITS OF CHESTNUTS OR CANDIED FRUITS.

Make an angel parfait; when ready to put in the mould, add a cup of boiled chestnuts or candied fruits that have been soaking in brandy for half an hour; drain well from the brandy, roll in powdered sugar and mix with the parfait; mould and pack in ice and salt for three hours.

PARFAITS OF TEA AND ORANGE PEEL.

1 cup of strong black tea.
1 cup of sugar.
4 eggs.
2 cups heavy cream.
½ cup candied orange peel.

Mix the tea, sugar and beaten yolks of eggs together, cook in double boiler until thick and creamy. When cold, mix with it the cream beaten stiff, and the whites of the eggs, also. Cut the candied peel in

small pieces, soak until very soft in maraschino or orange syrup or juice, fold into the mixture; pack in ice and salt for three or four hours. Serve, garnished with candied peel.

BANANA PARFAIT.

Peel and mash to a pulp half a dozen bananas; add to them a wine glass of rum and one of maraschino, a tablespoonful of lemon juice (a few drops of yellow vegetable coloring mixed with a little cream will improve the color), one-half cup of sugar, three eggs, the yolks and whites beaten separately, one cup of heavy cream whipped stiffly; mix all together, folding the whites in last; put in a mould, pack in ice and salt for four hours, using equal parts of ice and salt. The liquor can be omitted; three hours would be long enough to freeze. Apricots or peaches can be used in the same way.

BISCUIT GLACÊ OR TORTONI.

Make a thick syrup of one cup of sugar and one-fourth cup of water. Beat the yolks of four eggs. When the syrup is cool, add to the eggs with half a cup of cream. Cook all in a double boiler until the mixture coats the spoon like a custard, then place in a dish of ice water and whip till cold; then fold in two cups of heavy cream whipped stiff, flavor with vanilla or maraschino. Put the mixture in paper boxes, sprinkle over the top almonds browned and chopped fine, or macaroons rolled to a fine powder. Put the boxes in a tin pail, place paper between each layer. Pack in ice and salt for four hours.

MACEDOINE FRAPPÉ (Mrs. Lincoln).

Make a syrup by boiling four cups of water and two cups of sugar ten minutes; add the shaved rind of one lemon, cool, strain out the lemon; add the juice of three lemons and one-half cup of orange juice, one-half cup of strong tea, one grated pine-apple, one pint of apollinaris; add more sugar if needed. Freeze to a granular consistency, using as much salt as ice.

COLLEGE ICES.

Put into a frappé glass two tablespoonfuls of any kind of fruit or berries that have been sugared and flavored with a little brandy or wine; fill the glass with vanilla ice cream; pour over the top a little fruit syrup or chocolate sauce.

GOOSEBERRY SORBET.

Cook together one quart of gooseberries, two cups of water and one cup of sugar till soft, then add a tablespoonful of lemon juice and a little green vegetable coloring. When cold freeze. When quite stiff, add a wine glass of maraschino and two tablespoonfuls of rum. Before adding the lemon juice and coloring, mash through a fine sieve.

CHOCOLATE SURPRISE.

Line a melon mould with a rich chocolate ice cream about one inch thick, fill up with orange sherbet, cover the top with the ice cream. Pack the mould in ice and salt for two hours. When ready to serve, surround with crystallized orange peel.

COUPÉ DE JAQUE.

Fill frappé glasses one-third full of the following mixture: Cut in small pieces equal quantities of orange, pineapple, white grapes and English walnuts; soak in brandy for two hours. Fill up the glasses with orange sherbet.

CAKES.

All measurements level, with the exception of baking powder, which is measured rounding with the side of the can. Sift flour before measuring.

DIRECTIONS FOR MAKING CAKE.

The baking of cakes is more affected by the high altitude than anything else we cook. Our sea level receipts can be used in high altitudes by adding one more egg, not changing the receipt in any other way, in this way making a rich, moist cake.

Baking Cake.—The oven should be slow, and enough fire to last until the cake is done. Grease the pans with lard, as butter burns very quickly, making the cake black.

Preparing the Materials for the Cake.—The butter and sugar should be creamed together very lightly, making a creamy, soft mixture. A great deal depends upon creaming the butter and sugar properly. The eggs should be beaten light and foamy. When the whites are to be beaten alone, put them in a flat dish —a plate or platter—and beat with the Daisy beater; they beat up much quicker beaten in this way, although if one cares to, they can beat the whites in a bowl with the Dover beater before beating the yolks, thus having the beater to wash but once. Sift salt and baking powder with the flour. When fruit is used, roll it in flour and add it last. When a cake cracks open in baking, too much flour has been used. It is hard to give the exact amount of flour a cake will take, as some flour will take more moisture than others. Layer cakes require a hotter oven than thick cakes.

When a cake browns before it has raised, the oven is too hot. Any loaf cake can be baked as a layer cake. All cakes should be baked as soon as they are made. Mix cake in an earthen bowl and beat with a wooden spoon. Do not use a cheap quality of butter or stale eggs. For cake making use a very fine granulated sugar; the coarse sugar makes cake heavy and coarse-grained. Have everything ready before beginning to make the cake. Cakes are divided into two classes—cakes with butter, and cakes without butter.

SPONGE CAKE.

4 eggs.
¾ cup of sugar.
1 cup of flour.
½ teaspoonful of salt.
1 tablespoonful lemon juice.

(In making this cake at a low altitude, use one whole cup of sugar.) Separate the whites from the yolks, putting the yolks in the mixing bowl; beat them until creamy and gradually beat in the sugar; add lemon juice. Beat the whites till stiff; sift the salt with the flour, add one-fourth of the whites to yolks; sift over it one-half of the flour, then add another fourth of the whites; fold in, sift in the rest of the flour, then fold in the remainder of the whites. Bake in a slow oven about thirty minutes, or until the cake leaves the side of the pan. If you care for a sugary top, sprinkle a little sugar over it before putting in the oven. This cake can be baked in loaf, layer or drop cakes.

ROLL JELLY CAKE.

Make the same as above; spread very thin on shallow pans; bake in a moderate oven; spread with jelly while warm; roll up.

CREAM SPONGE CAKE (No. 2).

Beat the yolks of five eggs till light; beat in gradually one cup of sugar and alternately half a cup of heavy cream and two cups of flour; sift with the flour one teaspoonful of baking powder and one-half teaspoonful of salt; add the grated rind of half a lemon, and lastly fold in the stiffly beaten whites of the eggs, Bake about forty-five minutes.

BERWICK SPONGE CAKE.

Beat seven eggs two minutes (at a low altitude use six eggs); add three cups of sugar, beat five minutes, two cups of flour sifted with one teaspoonful of baking powder; beat two minutes; one cup of cold water, beat one minute; one-fourth teaspoonful of salt sifted in two cups of flour, beat three minutes; grated rind and juice of one lemon, beat one minute. Observe the time exactly. This quantity makes three loaves.

LADY FINGERS.

4 eggs.
½ cup of powdered sugar.
¼ teaspoonful of salt.
1 teaspoonful of lemon or vanilla flavoring.

Make the same as sponge cake. Drop in buttered lady finger pans, sprinkle the top with powdered sugar. Bake from ten to fifteen minutes. Drop by the spoonful on a buttered pan for sponge drops.

GOLDEN ROD CAKE.

Beat the yolks of six eggs till light; gradually beat into these one-half cup of sugar, then two tablespoonfuls of orange juice and one-half cup of sifted

flour, sifted again with a level teaspoonful of baking powder and one-fourth teaspoonful of salt; bake in small cakes and cover with orange icing.

ANGEL CAKE.

One cup of flour, sifted; mix with one teaspoonful of cream of tartar and sift four times. Beat the whites of twelve eggs until stiff. (Eleven eggs can be used in a low altitude.) Add one cup and a half of fine granulated sugar and beat again. Add one teaspoonful of vanilla or almond, then mix in the flour quickly and lightly. Bake in a funnel cake pan; line the bottom with paper, not greased; pour in the mixture and bake fifty minutes.

MARSHMALLOW ANGEL CAKE.

Bake a thin angel cake. When cold, cut through the center. Spread over it a layer of flavored and sweetened whipped cream that has one-half cup of marshmallows cut in small pieces and whipped with the cream. Cover with the cake and spread a little of the cream on top, with the whole marshmallows for garnish.

CAKES WITH BUTTER.

By changing the receipts a little, various cakes can be made from one receipt, simply by adding spices, fruits, chocolate and different flavorings. When the fruits are used, roll in flour first. Where chocolate is used, vanilla combines with it to give the best flavoring.

SPICE CAKE.

(Made from the Yolks of Angel Cake. Mrs. Durand).

10 yolks.
1¼ cups of flour.
1 scant cup granulated sugar.

Put the yolks in a granite sauce pan, beat the sugar gradually into the eggs with a flat beater; beat till light and thick; set the sauce pan in a pan of boiling water on the stove. Cook till thick. When cool, add two teaspoonfuls of cinnamon, one-half teaspoonful of cloves and one cup of nut meats cut fine, and the flour that has been sifted four times.

WHITE CAKE (Mrs. Gaylord).

½ cup of butter.
2 cups of sugar.
2 teaspoonfuls of baking powder.
1 cup of milk.
Whites of five eggs.
3 cups of flour.
1 teaspoonful of vanilla or rose water.

Cream butter and sugar, sift the baking powder and flour together, add half of the flour and half of the milk until used up, then fold in the stiffly beaten whites and flavoring.

GOLD CAKE.

½ cup of butter.
1¼ cups powdered sugar.
½ cup of milk.
Yolks of five eggs.
½ teaspoonful of baking powder.
¼ teaspoonful of salt.
2 cups of flour.
Flavor with mace, nutmeg or vanilla.

Cream the butter and sugar, add the flavoring, beaten yolks, part of the flour that has the salt and baking powder sifted in it, the milk, then the rest of the flour. Bake from thirty to forty minutes.

SILVER CAKE.

Make the same as the gold cake, using the whites; add the milk to the creamed butter and sugar, then add part of the flour, part of the whites, the rest of the flour, and fold in the remaining whites; flavor with almond or lemon juice.

BRIDE'S CAKE.

1 cup butter.
1¼ cups powdered sugar.
Whites of eight eggs.
2 cups flour.
½ teaspoonful baking powder.
¼ teaspoonful salt.
1 teaspoonful of lemon or rose extract or ½ teaspoonful of almond.

Cream the butter and sugar, add the flavoring, the sifted flour that has the salt and baking powder sifted in it, half of the beaten egg; beat thoroughly. Fold in the rest of the whites. Bake in a round pan with a tube. Cover with boiled icing.

POUND CAKE.

¾ lb. of butter.
1 lb. of sugar (or 2 cups).
8 or 9 eggs (if small, nine).
1 lb. of flour (4 cups).
2 tablespoonfuls of wine and 2 of brandy.

In a low altitude one pound of butter could be used. Cream the butter, add the sugar gradually and cream, then the brandy and wine. Beat the yolks of the eggs very light, add those alternately with flour; fold in the whites last. One cup of currants, raisins or citron may be added, or spices.

ALMOST POUND CAKE.

1 cup sugar.
¾ cup butter.
4 eggs.
2 tablespoonfuls of milk.
1¾ cups flour.
½ teaspoonful baking powder.
¼ teaspoonful salt.
Little nutmeg.

Cream the butter and sugar, add the eggs well beaten, nutmeg, milk; sift the flour before measuring, then sift again with the baking powder and salt; beat all together for ten minutes, bake in a loaf or small cakes.

WEDDING CAKE.

1 lb. currants.
1 lb. dates, chopped fine.
1 lb. currants.
2 lbs. raisins.
1 lb. citron.
1 teaspoonful each cinnamon, mace, allspice, cloves and 2 grated nutmegs.
½ cup brandy.
1 lb. butter.
1 lb. brown sugar.
9 eggs.
4 cups flour.
½ teaspoonful of soda dissolved in a tablespoonful of water.

Cream butter and sugar, add yolks well beaten, part of flour, spices, part of brandy, rest of flour, then the whites of eggs; lastly the fruit that has been rolled lightly in flour. Bake in a wooden starch box, lined with three layers of paper. This cake requires from five to six hours' baking in a moderate oven.

FRUIT CAKE.

¾ cup of butter.
¾ cup of sugar.
¼ cup dark molasses.
¼ teaspoonful soda sifted in the flour.
4 eggs.
1 tablespoonful mixed spices.
2 cups flour.
2 tablespoonfuls brandy.
Juice of half a lemon.
¼ cup of candied orange peel.
½ cup walnut meats chopped fine.
½ cup each of raisins, currants and citron.

Slice the citron and orange peel. Cream the butter and sugar, add spices and molasses, the beaten yolks of eggs, part of the flour, whites of eggs beaten stiff, lastly the fruit floured, and nuts. Bake in a slow oven for about an hour and a quarter.

LIGHT FRUIT CAKE.

Make a pound cake; add one cup of currants and raisins (one cup in all), and one-half cup of sliced citron, one tablespoonful of mixed spices, the juice and grated rind of half a lemon. Flour the fruit and add it last.

ONE-TWO-THREE-FOUR CAKE.

1 cup of butter.
2 cups of sugar.
5 eggs (4 eggs can be used at low altitude).
2 tablespoonfuls of milk.
¼ teaspoonful of baking powder and salt.
About 1½ cups of flour.

This cake should have a good, long beating after all the ingredients are mixed. Cream the butter and sugar, add the eggs well beaten, part of the flour that has the baking powder and salt sifted with it, then the milk and the rest of the flour. Bake in little cakes, or one loaf.

LEMON CAKE.

Cream one cup of butter and two cups of powdered sugar (at a low altitude granulated sugar can be used), beat the yolks of six eggs till thick and light, add alternately one cup of milk and four cups of flour sifted with one-half teaspoonful of soda; beat thoroughly, then add the beaten whites of the eggs, lastly the grated yellow rind of a good-sized lemon

with the juice. Cover with an icing flavored with lemon juice.

ALMOND CAKE.

Make the same as spice cake, omitting the spices, adding one-half cup of chopped almonds, one-half teaspoonful of almond extract; flour the nuts, cover with a boiled icing and sprinkle over with almonds cut in strips.

PISTACHIO CAKE.

Bake a silver or bride's cake in a large, shallow pan. When cold, cover with a boiled icing, colored green with vegetable coloring and flavored with almond. Sprinkle with blanched and finely chopped pistachio nuts.

NUT CAKE.

Add one-half cup of chopped nuts (floured) to "Rocky Mountain" cake. Sprinkle a layer of chopped nuts and a little powdered sugar over the top just before putting in the oven, or frost with a white or chocolate frosting, and decorate with the whole nut meats. A maple icing is delicious on this cake.

FIG CAKE.

Add one-half cup of finely chopped figs (floured) to spice cake after it is mixed.

ROCKY MOUNTAIN CAKE (Loaf or Layer Cake).

1 scant cup of sugar.
½ cup of butter.
½ teaspoonful of baking powder.
¼ teaspoonful of salt.
½ cup of milk.
3 eggs.
1¾ cups of flour.
Flavoring.

Cream the butter and sugar, add flavoring of any kind, the well-beaten eggs, part of the flour (with the salt and baking powder sifted in it), the milk and the rest of the flour; beat thoroughly for ten minutes. Bake in gem pans if you like.

ORANGE CAKE.

Make the same as "Rocky Mountain" cake, adding the grated yellow of the rind of one orange. Bake in layers and spread with orange filling. Cover with orange icing.

MARBLE CAKE.

Make a "Rocky Mountain" cake; mix melted chocolate with one-third of it; put in the pan a layer of the plain cake, then the chocolate mixture, after that the remainder of the mixture. A very nice way to make marble cake is to take one-third of the mixture of "Rocky Mountain" cake and mix with it spices, currants and citron, or a little preserved orange or lemon peel.

SPICE CAKE.

½ cup of butter.
1 cup of sugar.
⅓ cup of milk.
1½ cups of flour.
½ teaspoonful of baking powder.
¼ teaspoonful of salt.
Juice and grated rind of a lemon.
1 teaspoonful of cinnamon.
Several gratings of nutmeg.
¼ teaspoonful allspice.
3 whole eggs and the yolk of one.

Cream the butter and sugar, add spices, the beaten yolks of eggs, lemon juice and rind, part of the flour which has sifted in it the baking powder and salt, then the milk, the rest of the flour and the

stiffly beaten whites. Bake until the cake leaves the side of the pan.

CURRANT CAKE.

Make the spice cake, omitting the spices and adding one-half cup of currants that have been floured.

COCOANUT CAKE.

Add one-half cup of grated cocoanut that has been floured to "Rocky Mountain" cake just before putting in the oven. Cover with boiled icing that has two tablespoonfuls of grated cocoanut mixed with it, or ice with the icing and sprinkle the cocoanut over the top.

CHOCOLATE CAKE.

Add one square of Baker's chocolate (melted) to "Rocky Mountain" cake; after the cake is mixed, flavor with a teaspoonful of vanilla; ice with a boiled or chocolate icing.

LOAF CHOCOLATE CAKE.

Boil to a thick cream one-half cup each of sugar and milk and one square of chocolate; let cool; then cream together one-half cup of butter and one cup of sugar, then add three well-beaten eggs, one-half cup of milk, one teaspoonful of baking powder sifted with two cups of flour, a little salt, one teaspoonful of vanilla and the chocolate mixture added last.

TWELFTH NIGHT CAKE.

Beat to a cream one cupful of butter and two of granulated sugar. Beat the whites and yolks of six

eggs separately; beat the yolks into the creamed butter and sugar, a little at a time, then add one-half cup of milk alternately with three cups of flour that has one teaspoonful of baking powder sifted with it, then fold in the beaten whites of the eggs, lastly add the grated rind and juice of half a lemon, a cup of seeded raisins soaked in brandy and rolled in flour, and a teaspoonful of caraway seed. Bake in a round pan with a tube in the center, line it with buttered paper. Roll the silver pieces in thin white paper, then in flour; place in opposite sides of the cake. Bake slowly. When cold, ice with a thick white frosting, decorate with candied cherries and angelica, surround with holly and stick a piece in the center.

FIG CAKE (No. 2).

1 cup butter.
2 cups sugar.
6 eggs.
1 cup milk.
2 cups raisins.
2 cups chopped figs.
1 cup blanched almonds.
1 tablespoonful of honey.
3½ cups of flour.
1 teaspoonful baking powder.
¼ teaspoonful salt.

Cream the butter and sugar, add the eggs well beaten, and the honey. Soak the fruit in brandy for a half hour, sift in the flour, baking powder and salt, add fruit, mix with the flour, then the milk. Mix well and bake in two loaves.

ANGEL OR SPONGE CAKE WITH CHESTNUTS.

Make an angel or sponge cake; bake in a sheet. When cold, cut in halves and cover with a layer of chestnuts and whipped cream; or, bake in a round pan; when cold, cut out the center, fill with the chestnuts and cover the top with whipped cream flavored

with maraschino. Shell and blanch the chestnuts, boil in sweetened water. When soft mash through a sieve, then use in the cake.

ROOSEVELT CAKES.

Cut rich white cake in squares; cut the squares in halves and spread with apricot jam; cover with the other half. Press whipped cream through a pastry bag in fanciful shapes on top, or if the bag is not used, dot with the cream and sprinkle with finely-cut angelica.

POUND CAKE WAFERS.

½ lb. butter (1 cup).
¾ lb. sugar (1½ cups).
4 eggs.
½ teaspoonful of baking powder.
1 tablespoonful caraway seed.
Nutmeg.

Flour enough to roll thin, cut out in rounds, sprinkle with sugar and bake in a quick oven. Cream the butter and sugar, add the eggs well beaten, nutmeg, flour and baking powder sifted together, then caraway seeds.

VENETIAN CAKES.

½ cup of butter.
½ cup of powdered sugar.
1 cup of flour.
1 cupful of chopped almonds or walnuts.
1 teaspoonful of vanilla.
Yolks of 3 eggs.

Cream the butter and sugar till very light, add the well beaten yolks, the almonds, flour and vanilla. Take a small piece, roll it in powdered sugar, then make a ball of it in the hands; put a piece of the nut on the top of each. Place them an inch apart, bake in a moderate oven about fifteen minutes.

ORANGE QUARTERS.

Make an orange or sponge cake; drop in tins made for these cakes. Bake in a moderate oven; cover with orange icing.

ALMOND WAFERS.

Cream half a cup of butter and one cup of powdered sugar together, then beat in, very slowly, half a cup of milk, and lastly two cups of flour and half a teaspoonful of vanilla. Spread very thin on the inverted bottom of a dripping pan, buttered. Mark in squares, sprinkle with blanched almonds chopped fine. Bake in a moderate oven five to eight minutes. Lift from the pan with a knife, roll on the hot pan, putting one corner over the other, or one side over the opposite side.

PEANUT COOKIES.

4 tablespoonfuls of butter.
1 egg.
½ cup of sugar.
1 cup of flour.
1 teaspoonful of baking powder.
Speck of salt.
1 cup of shelled and chopped peanuts.

Cream the butter and sugar, add the beaten egg, then the flour, salt and baking powder sifted together, the nuts last. Roll into little balls. Place an inch apart. Bake ten to fifteen minutes.

HONEY CAKES.

Four pounds of strained honey, one and one-half pounds brown sugar, one teaspoonful of soda, cloves and cinnamon to taste, one-half pound citron, cut in strips, one quart hickory nut meats, one pound shelled

almonds, flour enough to roll out and cut in little squares. Warm the honey, then add sugar, add soda dissolved in warm water, add the citron, nuts, chopped fine. Warm the flour before adding. Bake slowly in pans, not to touch.

ONE-TWO-THREE-FOUR COOKIES.

1 cup of butter.
2 cups of sugar.
4 cups of flour.
4 eggs.
2 tablespoonfuls of caraway seed or spices to taste.

Cream butter and sugar, add well beaten eggs, then flour and spices. If you like, cover the tops over with finely chopped preserved ginger, or preserved orange peel and a sprinkling of sugar. Add ginger to the mixture and bake as a sugar gingerbread in one sheet.

JUMBLES.

Roll one-two-three-four cookies a little thicker, cut with a doughnut cutter and sprinkle over with sugar.

WALNUT WAFERS.

½ lb. brown sugar.
½ lb. walnut meats.
6 tablespoonfuls of flour.
2 eggs.

Beat the yolks till light, beat in the sugar, add the flour and nuts and beaten whites of eggs. Drop by spoonfuls on larded tins that have been sprinkled with flour. Bake quickly.

SUGAR COOKIES

½ cup of butter.
1 cup of powdered sugar.
2 eggs.
1 teaspoonful of baking powder.

Flavor with lemon juice, vanilla or nutmeg. Use flour enough to roll out; speck of salt.

HERMITS.

Add half a cup of stoned and chopped raisins to sugar cookies; a little cinnamon and nutmeg.

COCOANUT COOKIES.

Add a half cup of grated cocoanut to sugar cookies.

MARGARET DELAND CAKES.

Beat two eggs and the yolk of another until foamy; add one-half cup of brown sugar, three-fourths cup of sifted flour, one-fourth teaspoonful of baking powder, one-half teaspoonful of salt sifted together, then stir in one cup of pecan nuts cut in small pieces. Put the mixture in small gem or muffin pans with a pecan nut meat in the center of each. Sift a little powdered sugar over the top. Bake about fifteen minutes.

PEPPER NUTS.

2 cups of powdered sugar.
4 eggs.
¼ teaspoonful of soda.
1 teaspoonful cloves.
2 teaspoonfuls cinnamon.
½ lb. citron.
1 cup of hickory nuts cut fine.
1 teaspoonful salt.
As much flour as you can knead in.

Beat the eggs well, then add sugar and beat again. Cut the citron in bits, add it with the nuts and spices, sift flour, soda and salt together. After the flour is added, roll in little balls, place an inch apart and bake in a moderate oven.

PECAN WAFERS.

Cream one-fourth cup of butter and one-half cup of sugar together, add almost drop by drop four table-

spoonfuls of milk and one cup of flour; spread on the bottom of a buttered pan as thin as possible. Sprinkle with chopped nuts, mark in squares and bake in a moderate oven.

SNOW BALL CAKES.

Bake angel or bride's cake in small round gem pans. Cover with a boiled icing flavored with lemon and put a piece of candied ginger in the center of each. Cut in diamond shape.

FILLINGS FOR LAYER CAKE.

CHOCOLATE FILLING.

1½ cups granulated sugar.
½ cup cream.
1 tablespoonful of butter.
Speck of salt.
Square of Baker's chocolate.

Cut the chocolate in small pieces; put all on together to cook. Try it in cold water; when it reaches the soft ball stage remove from the fire. When cool, beat until a thick cream; spread on the cake. Do not stir the filling after it begins to boil.

FIG FILLING.

½ lb. of figs.
½ cup sugar.
Juice of half a lemon.
2 tablespoonfuls of sherry.

Chop the figs fine, boil till tender, then add the sugar and lemon juice. Cook till smooth. Remove from the fire and add the sherry.

CREAM FILLING.

For Cream Cakes and Layer Cakes.—Scald one cup of milk, or part milk and cream. When scalded, add one egg beaten with one-fourth cup of sugar, two tablespoonfuls of flour and a speck of salt. Beat all together with a Dover beater; stir into the milk. Cook ten minutes and flavor.

FIG CARAMEL ICING.

1 cup of brown sugar.	1 tablespoonful butter.
½ cup of cream.	Speck of salt.

Boil all together until it will form a soft ball when tried in cold water. Remove from the stove. When cool, add one-half cup of figs chopped fine; beat till cool enough to spread. Dates or cooked prunes can be used in the same way.

PRUNE WHIP FILLING.

Bake sponge cake in layers. Whip a cup of cream, sweeten with powdered sugar. Cut up cooked prunes to make one-half cup; add to the cream.

MARSHMALLOW ICING AND FILLING.

Make a boiled icing, using the white of two eggs instead of one; cut one-half pound of marshmallows in small pieces and melt in a double boiler with two tablespoonfuls of boiling water. When melted, stir into the boiled icing; flavor with vanilla and spread. Use for a filling or icing.

LEMON OR ORANGE FILLING.

Mix the juice and grated rind of one lemon with one cup of sugar and the beaten yolks of two eggs and two tablespoonfuls of milk, a speck of salt. Cook in a double boiler, stirring constantly until it thickens. Spread when cold. To make orange filling, use the grated rind and juice of one orange and two teaspoonfuls of lemon juice. Make the same as lemon filling.

BANANA FILLING.

Make a boiled icing. When it is thick enough to spread, stir into it one-half cup of bananas cut in thin, small pieces.

PINEAPPLE FILLING.

Add one-half cup of grated pineapple to boiled icing when it is ready to spread.

NUT FILLING.

Add one-half cup of any kind of nuts (chopped fine) to boiled icing when thick enough to spread, or nuts may be added to a lemon or orange filling.

ICINGS FOR CAKES.

PLAIN ICING.

White of one egg.
1 teaspoonful of lemon juice.
About one cup of powdered sugar.

Stir the sugar in the white of egg without first beating the white; flavor with the lemon or any flavoring you prefer.

ORANGE ICING.

Juice of half an orange, one-half teaspoonful of lemon juice, powdered sugar; stir enough powdered sugar into the juice to spread a thin icing.

CONFECTIONERS' FROSTING.

To two tablespoonfuls of boiling water or boiling fruit juice and one teaspoonful of lemon juice, add enough confectioners' sugar to spread.

BOILED ICING.

1 cup granulated sugar.
⅓ cup of boiling water.
White of one egg.
¼ teaspoonful of cream of tartar.

Boil the sugar and water without stirring until the syrup threads; beat the egg stiff, add the cream of tartar and pour the boiling syrup over the egg in a fine stream, beating all the while. When it is thick enough to spread, put it on the cake.

ROYAL ICING.

This icing is thickened largely by the beating. Beat the white of one egg and a tablespoonful of confectioners' sugar vigorously for two minutes; add the sugar by the tablespoonful, beating after each one for some time. Keep on adding the sugar and beating till the mixture begins to sugar on the spoon, and a knife will make a clean cut through it. Add a few drops of lemon juice at a time until a tablespoonful has been used.

YELLOW FROSTING.

Beat the yolks of two eggs till light colored, then stir in powdered sugar till stiff enough to spread. Flavor with lemon, vanilla or wine.

MOCHA FROSTING.

Wash one cup of butter in cold water to free from the salt, pat to remove the water and beat to a cream. Beat in the yolk of an egg, then gradually one and one-half cups powdered sugar, add coffee extract to give the desired flavor. It should be like strong coffee and cream.

CHOCOLATE FROSTING.

Stir into boiled icing a square of melted chocolate; add it to the icing before it is thick enough to spread.

CHOCOLATE FROSTING (No. 2).

1 cup granulated sugar.
½ cup of cream.
1 square of scraped chocolate.
¼ teaspoonful of salt.
Speck of cinnamon bark—
Cook with it if cared for.

One-half cup of milk and one tablespoonful of butter may be used in place of the cream. Cook all together without stirring till it will fly a fine thread when tried. Remove from the fire. When cold, beat to a thick cream; flavor with vanilla (if the cinnamon is used). Remove the cinnamon before starting to beat it.

NUT ICING.

Stir into a boiled or plain icing one-half cup of any kind of nuts you prefer. Chop the nuts fine.

BANANA ICING OR FILLING.

Add to a boiled icing one-half cup of bananas cut in fine pieces; flavor with one teaspoonful of lemon juice.

PINK ICING.

Color the plain or boiled icing with a little of the pink vegetable coloring.

CARAMEL ICING.

1 cup of brown sugar.	If milk is used, add one tablespoonful of butter with it.
¼ cup of cream or milk.	¼ teaspoonful of salt.

Boil without stirring till the mixture threads. Remove from the fire and when cool beat to a cream and spread over the cake.

MAPLE ICING.

Boil the maple until a thick syrup, then add one-fourth cup of cream and a little salt; then boil till it threads. Make the same as caramel icing.

GINGERBREAD, DOUGHNUTS, COOKIES AND CREAM PUFFS.

All measurements level, with the exception of baking powder, which is measured rounding with the side of the can. Sift flour before measuring.

SOFT GINGERBREAD.

½ cup molasses.
½ cup milk.
1 egg.
¼ cup melted butter.
½ teaspoonful each of cinnamon and ginger.
¼ teaspoonful salt.
½ teaspoonful of soda.
1½ cups flour.

Sift the dry materials all together; mix with the others. Bake about one-half hour. If sour milk is used, take one teaspoonful of soda; if heavy sour cream, omit the butter.

SUGAR GINGERBREAD.

½ cup of butter.
1 cup of sugar.
1 egg.
¼ cup of milk.
2 teaspoonfuls ginger.
¼ teaspoonful salt.
1 teaspoonful of baking powder.

Mix stiff enough with flour to roll out. Bake in a sheet; mark off the top in diamond shapes.

SOFT GINGER COOKIES.

Put one teaspoonful of ginger and soda in a mixing bowl. Heat one cut of molasses and put in the bowl. Scald half a cup of buttermilk, add to the molasses; stir in sifted flour enough to form a soft dough, then half a cup of softened butter. Chill thoroughly; roll out, cut into cakes. Bake in a moderate oven. Do not change the order of mixing.

HARD MOLASSES COOKIES.

1 cup molasses.
1 cup of butter.
1 teaspoonful of soda.
1 tablespoonful of ginger.
¼ teaspoonful of salt.

Heat the molasses and butter together until the butter is melted. When cool, add one teaspoonful of soda and the flour and salt. Use enough flour to roll out, but not more than is necessary.

GINGER SNAPS.

1 cup molasses.
⅓ cup sugar.
2 teaspoonfuls of ginger.
1 teaspoonful of soda.
¾ cup softened butter.
Flour enough to roll very thin.

Heat the molasses, pour it over the sugar, then add to it the rest of the materials. Bake quickly.

DOUGHNUTS.

1 cup sugar.
1 cup milk.
2 eggs.
1 tablespoonful melted butter.
1 teaspoonful salt.
2 teaspoonfuls baking powder.

Flavor with cinnamon, nutmeg or vanilla. Use only as much flour as is necessary to roll out. Cook in hot, deep fat four to six at a time. Roll out only a part of the dough at a time.

RAISED DOUGHNUTS.

2 cups raised bread dough.
¾ cup sugar.
2 eggs.
1 tablespoonful melted butter.

Spice to taste. Flour enough to roll. Mix the ingredients well into the dough. Cut out and fry at once.

CREAM PUFFS AND ÉCLAIRS.

½ cup of butter.
1 cup boiling water.
1 cup flour.
3 eggs.
Speck salt.

Put the butter and water in a sauce pan. When the butter is melted and the water boiling, stir in the flour and salt all at once. Stir quickly until the mixture is quite firm (a minute or two), remove from the fire. When cool, beat in the eggs one at a time, until the mixture is light and smooth. Drop in tablespoonfuls a little distance apart on buttered tins. Bake in quite a hot oven, for thirty minutes. Split; when cool, fill with a whipped or made cream.

Eclairs.—Make the same as for cream puffs. Bake in strips four inches long and one wide. When cool, fill with cream. Cover with chocolate or any frosting you care to use.

CREAM FOR CREAM PUFFS AND ÉCLAIRS.

2 cups milk scalded in double boiler.
4 tablespoonfuls flour.
2 eggs.
½ cup sugar.
1 teaspoonful butter.
Speck of salt.

Mix the salt, sugar and flour together, wet with a little cold milk; stir into the hot milk; cook ten minutes, then add the beaten egg; cook five minutes. Remove from the fire; flavor to taste. When cool, use for the filling.

MERINGUES OR KISSES.

Beat the whites of four eggs till stiff and flaky. Beat into them gradually one cup of powdered sugar. When it has become thick drop in tablespoonfuls on

buttered paper placed on a board. Bake slowly in a warm oven for half an hour, or until they feel hard and hollow to the touch. When cool, remove the soft part, fill with ice cream, sherbet or whipped and flavored cream; put two together. Place on the paper in oblong shape, for méringues; for kisses, drop from a teaspoon in any shape.

COMPOTES, PRESERVING, JELLIES AND PICKLES.

COMPOTES OF APPLES, PEARS, PEACHES AND APRICOTS.

Pare, core or stone the fruit, cut in quarters or halves, according to the size of the fruit. Make a syrup of one-half as much water as sugar. When the syrup is quite thick, put in the fruit and cook until tender. Do not use over-ripe fruits—rather a little under-ripe. Then remove from the syrup with a skimmer, lay carefully on a serving dish in a circle, or letting each piece overlap the other. Boil the syrup down till thick; pour over the fruit. Serve cold. Compotes are very delicious when used to surround moulds of rice or cornstarch, decorated with whipped cream.

BAKED APPLES.

Core and pare sour apples; put in a shallow agate or earthen dish, fill the cavities with sugar, chopped nuts, chopped dates, or figs. In place of the sugar maple syrup can be used. When nuts or fruit are used to fill them, use sugar or syrup, too. Add water to cover the bottom of the dish. Cook in a quick oven till tender. Remove carefully on the serving dish. Let the syrup cook down until quite thick. Pour over the fruit. A little mound of whipped cream can be served on each apple. Pears and quinces can be baked in the same way. A little

lemon juice or some of the grated rind can be used for flavoring.

STEWED RHUBARB.

Wash, and if the rhubarb is a little tough, peel, cut in inch pieces. Cook till tender in a granite sauce pan. Use one cup sugar to two of the fruit, and enough water to well cover the bottom of the dish.

STEWED PRUNES.

Wash very carefully, soak in cold water for two hours. If they seem soft and fresh, do not soak them. Put in porcelain kettle with boiling water to cover. Boil until tender, then add a tablespoonful of sugar to every cup of prunes. Boil ten minutes longer. Lemon juice may be added.

CRANBERRY SAUCE AND JELLY (Mrs. Lincoln).

Put three pints of washed cranberries in a granite sauce pan. On top of them put three cups of sugar and three gills of water. After they begin to boil, cook them ten minutes, closely covered and do not stir them. To make the jelly, add equal quantities of sugar and cranberries.

PRESERVING.

Select the best of fruits. Have them ripe and fresh. The cans should be carefully washed and filled up with hot water. Wash the covers and put in hot water. Use new rubbers every year to prevent any air reaching the fruit.

PEACHES AND APRICOTS.

Peel the peaches by placing in a wire basket and plunging into boiling water, then the skins will slip easily. Halve them or leave them whole. Use a few of the pits—they improve the flavor. Weigh the fruit and use three-fourths or one-half (just as you prefer) as much sugar as you have fruit. Make syrup by adding half as much water as you have sugar. Cook down until quite thick (about as thick as molasses), then add the fruit. Cook until transparent; remove the scum as it forms. Skim the fruit from the syrup and fill the jars. If the syrup seems a little thin, cook down; pour into the jars, filling full to overflowing. Tightly screw on the covers; turn bottom side up, and as they cool, the covers can be tightened.

BRANDIED PEACHES OR APRICOTS.

Prepare and cook the peaches as above, leaving them whole. Fill jars with the fruit; to every pint jar of the peaches, add to it one-fourth cup of brandy. Cook the syrup down very thick, fill up the jars with it and seal.

PRESERVED PLUMS.

Prick the fruit with a fork in several places; this prevents the skin from breaking somewhat, or they may be skinned the same as the peaches. Cook in the same way.

BRANDIED PLUMS.

Make the same as brandied peaches.

PRESERVED QUINCES AND PEARS.

Pare and quarter, removing the core; preserve the same as peaches. Pears are improved by cooking in the syrup a little of the yellow rind of oranges or lemons.

PRESERVED PINEAPPLE.

Pare and remove the eyes; use a silver fork to shred it, or cut in slices or inch pieces, not using the core. Preserve the same as peaches.

GRAPES.

Wash and press the pulp from each grape; boil the pulp till tender; press through a sieve to remove the seeds, add the pulp to the skins, measure, add two cups of sugar to every three cups of the fruit. Boil all together until quite thick and seal while hot like the other preserves.

CITRON.

Pare and core the citron, cut in cubes or in fancy shapes, or scallop the edges. Cook the same as peaches, tie a little ginger root in a piece of cheese cloth and cook in the syrup to flavor, or a little of the yellow rind of lemon.

CHERRIES.

Wash, remove the stones and preserve the same as peaches.

PRESERVED STRAWBERRIES, RASPBERRIES, BLACKBERRIES, GOOSEBERRIES AND CURRANTS.

Wash, remove from the stems and preserve the same as peaches.

SUNSHINE STRAWBERRIES, RASPBERRIES, BLACKBERRIES, GOOSEBERRIES AND CURRANTS.

Select and hull three pounds of perfect fruit. Cook three pounds of fine granulated sugar and two cups of boiling water until a light thread is formed. Do not stir the sugar after it begins to boil. Cook the fruit in the syrup ten minutes. After it begins to boil, then pour out in platters and let stand in the sun for two days. Cover with cheese cloth. Put in the jars cold, have them fresh scalded. Berries are delicious done in this way; they absorb the syrup, making them plump and full.

CANNING.

Prepare the fruit the same as for preserving. Canning differs from preserving only in the amount of sugar used, and often no sugar at all is used. The proportion of sugar used is one-fourth as much as fruit, and a pint of water to a pound of sugar in making the syrup. Another way of canning is to pack the fruit tightly in the jars, fill the jars with the syrup, place the jars in a kettle of hot water, resting the bottles on slats of wood or folded paper. Do not let them touch. Cover the boiler, let them cook till the fruit is tender. The fruit will shrink a little, so the jars will have to be filled up. It is well to re-

serve a little syrup for this purpose. Place on the tops and seal at once. Another way is to cook them in their own juices. Fill the jars with the fruit, put on in the kettle with cold water to reach half way up the jars. Raise to the boiling point and cook until the fruit is tender. Let stand in the water till cold again. If the fruit has shrunken, fill up the jars, using the contents of one to do it.

The fruit may be cooked without sugar and will keep as well by thoroughly cooking in a little water and sealing immediately.

CANNING TOMATOES.

Remove the skins by first dipping the tomatoes in boiling water. Cut in small pieces, reject the pith or any bad specks. Cook them until soft, without adding water, then put in the jars at once; have the jars hot and freshly scalded.

JAMS OR MARMALADES.

Use equal quantities of fruit and sugar. Pare, core and cut in small pieces the large fruits; the small ones wash and hull, place in the preserving kettle the fruit and sugar in layers. Let stand half an hour to extract the juice. Cook it slowly. When it becomes clear, put a little on a cold plate, if it hardens it is done; put in glasses or jars and cover.

ORANGE MARMALADE.

For making marmalade buy Messina or Saville oranges if you can.

1 dozen oranges.
4 grape fruit.
3 lemons.

Slice the fruit very thin. Remove the seeds, weigh it, to every pound, or two cups, allow three cups of water; put in a crock and let stand twenty-four hours, then put on the fire and boil one-half hour. Return it to the crock and let remain another twenty-four hours, then measure. To every pint add two and one-fourth cups of sugar, then boil until it jellies slightly. This amount will make about twelve quarts.

CANDIED ORANGE PEEL.

Cut rind of orange in thin strips. Soak two days in cold water. Cover well with water and change fully ten times a day. Drain, put on the stove covered with cold water. Let come to a boil, then drain. Make a thick syrup, cook the straws in the syrup till it hairs, then remove from the syrup and roll in granulated sugar.

JELLIES.

To make clear jelly, select perfect fruit, wash it and put in a porcelain-lined kettle with one quart of water to twenty-four boxes of fruit. Apples and quinces require twice that amount of water. Cook slowly till the fruit is tender, strain through a flannel bag, measure the juice, allow one cup less of sugar than you have of juice. Warm the sugar in the oven, but do not allow it to burn. Boil the juice twenty minutes, then add the hot sugar, stir until the sugar is dissolved, skim thoroughly and cook about ten minutes, or until it jellies when a little is dropped on a

cold plate. Turn at once in glasses, let remain to settle twenty-four hours, then cover the tops with melted paraffine. Over-ripe fruit will not jelly.

CURRANT JELLY.

Wash the currants, pick off any that are not perfect, but do not stem them. A few boxes of raspberries cooked with the currants gives a delicious flavor. Four boxes of raspberries to twenty-four boxes of currants give a delicate flavor of the raspberries. Proceed with making the jelly as directed above.

CRABAPPLE AND APPLE JELLY.

Wash, cut in quite small pieces, but do not pare. Barely cover with cold water, cook till soft, then strain. A little of the yellow of lemon or orange peel improves the flavor, cooked with the apples, or a little of the root ginger.

QUINCE JELLY.

Make the same as apple jelly.

GRAPE JELLY.

Select under-ripe grapes; the wild grapes give the best flavor. Wash them, add a quart of cold water to twelve boxes of grapes, cook until they are tender and well broken apart and proceed the same as directed.

PLUM JELLY.

Make the same as grape jelly, using the wild plums if convenient.

PICKLES.

TO SWEET-PICKLE FRUIT AND BERRIES (Mrs. Lincoln).

Eight pounds of fruit, four pounds of best brown sugar, one quart of best vinegar, one cup of mixed whole spices, stick cinnamon, cassia buds, allspice and cloves, less of the latter than of the former. Tie the spices in a bag and boil with the vinegar and sugar. Skim well, then add the fruit. Cook till the fruit is clear. Remove carefully from the syrup and put in a jar or a crock Boil the syrup down nice and thick and pour over the fruit. Seal.

PEACHES.

Scald to remove the skins, leave them whole, cook without breaking. Do not stick with cloves.

PEARS.

Pare them, leave them whole with the stem on.

CUCUMBER, WATERMELON AND CANTELOUPE.

Pare them, remove the soft part from inside, cut in pieces to serve. Cook in boiling water for ten minutes, drain and cook in the hot syrup till clear and tender.

PINEAPPLE.

Pare, remove the eyes, cut in serving pieces or slices and cook in the syrup till clear.

CURRANTS, GRAPES AND ALL BERRIES.

Remove from the stems, wash and cook in the syrup until they form the consistency of jam. Prepare the grapes for the syrup, as given for preserving.

PICKLED WALNUTS (Boston Cooking School).

Take the walnuts when they are well filled out and tender, pierce each one with a strong needle three or four times and lay them in a brine which completely dissolves its salts, changing for fresh every day for nine days, then spread the nuts in the air until they become black. Put them in crocks and pour over them this mixture, boiling hot: A gallon of vinegar, an ounce each of ginger root, allspice, mace and whole cloves, and two ounces of peppercorns, boil all together for ten minutes. Cover, pressing the nuts under the vinegar with a plate. Let them stand six weeks before using.

APPLE CHUTNEY (Boston Cooking School).

Pare and core a dozen sour apples, peel a mild onion and seed one cup of raisins, chop the apples, onions, raisins and three green peppers very fine, add one pint of cider vinegar, half a cup of currant jelly and let simmer an hour. Then add two cups of sugar, the juice of four lemons, one tablespoonful of ground ginger and a tablespoonful of salt, and cook another hour, stirring almost constantly. Store as canned fruit.

GINGER APPLE.

Five pounds of sour apples chopped fine, three pounds brown sugar, one ounce ground white ginger

root, one cup of water. Cook slowly three or four hours or till transparent.

UNCOOKED PICKLES.

Use medium-sized pickles, cut in slices one-fourth inch thick; pack them in quart jars, with three medium-sized onions sliced very thin, and one hot red pepper to each jar; add one tablespoonful of salt and fill up with water. Add one-half teaspoonful of pulverized alum. Let stand over night, then drain off the water and rinse. Fill the jars full of the pickles, and add two tablespoonfuls of olive oil and fill with a good, sharp vinegar. Seal.

PICKLED CUCUMBERS.

Make a brine of one pint of coarse salt and six quarts of boiling water, boil and skim clear, wash one hundred and fifty small cucumbers, put in the brine and let remain forty-eight hours, covered, then drain. Soak in cold water for two hours, drain and put them in a crock. Stick one large onion full of cloves, an ounce of horseradish root and several little red peppers, and put with the cucumbers and a piece of alum the size of a pea. Fill a muslin bag with one cup of mixed spices, celery seed, white mustard seed, whole cloves, allspice, peppercorns, stick cinnamon, boil this in vinegar enough to cover the cucumbers for ten minutes. Put the bag in the crock with the vinegar, pour off the vinegar the third day, reheat it and return to the pickles. Do not use for three weeks.

MIXED PICKLES.

Anything that you wish to use can be added to the cucumbers in the brine—pieces of cauliflower, small onions, nasturtium seeds, watermelon, beans. All make good pickles.

MUSTARD PICKLES.

Equal quantities of small cucumbers, button onions, cauliflower picked apart, sliced green tomatoes and two or three sliced green peppers. Soak in the brine and drain, as given in *Pickled Cucumbers*. Prepare enough of the following mixture to cover: To one quart of vinegar, use one cup of brown sugar, one-half cup of flour and one-half cup of ground mustard. Boil the sugar and vinegar for five minutes, skim, mix the mustard and flour together, pour the hot vinegar slowly onto it, stirring until smooth. Pour hot over the pickles. They will be ready to use in three weeks.

PICCALILLI OR CHOW-CHOW.

- 1 peck of green tomatoes.
- 1 cup of salt.
- 2 cups brown sugar.
- 8 small onions.
- 2 heads of celery.
- 1 teaspoonful of white pepper.
- 1 tablespoonful whole cinnamon, broken up.
- 1 tablespoonful of whole allspice.
- 1 tablespoonful mustard seed.
- 2 quarts best vinegar.

Chop or slice the tomatoes, sprinkle the salt over them and let stand over night, in the morning drain off the water and chop the onion and celery, place all in a porcelain-lined kettle, sprinkle with sugar, tie the spices in a bag, add those and the vinegar, cook slowly all day. Put in jars or earthen crock.

CHILI SAUCE.

Make the same as the chow-chow, only using ripe tomatoes and chop them quite fine. To every peck of the tomatoes use one pound of onions chopped fine. Salt over night and proceed the same as the above receipt.

TOMATO CATSUP (Mrs. Campbell).

Boil one bushel of ripe tomatoes, skins and all. When soft, mash through a colander to remove the skins and seeds. Mix one cup of salt, two pounds of brown sugar, half an ounce of cayenne pepper, three ounces each of ground allspice, mace and celery seed, two ounces of ground cinnamon, tie in a muslin bag, add to the tomato two quarts of best vinegar. Cook slowly till reduced to one-half. It is an improvement to add a cup of brandy a few minutes before it is done. Put in small bottles, seal, keep in a cool place.

SWEET PICKLED MELON.

Canteloupe or watermelon rind may be used. Remove the seed and rind, cut in pieces to serve; weigh the melon and take one-half the weight in sugar, a pint of vinegar, ounce of cloves, two ounces of cinnamon bark. Make a syrup of the sugar and vinegar with the spices added; put in the melon and cook till tender. Skim out of the syrup, fill jars. Cook the syrup down till quite thick and fill up the jars. Watermelon rind should be cooked until partly tender in boiling water before adding to the syrup. This is not necessary with canteloupe or musk melon.

CONFITURE.

5 boxes of cherries.
5 lbs. sugar.
5 oranges.
2 lbs. raisins.

Grate rind of half the oranges; peel the rest and slice in thin pieeces; chop raisins; stone cherries; first add the sugar and let remain until the other things are prepared, then mix together and boil hard thirty minutes.

CANDIES.

FONDANT.

Fondant is the basis of all French cream candies and can be kept any length of time, if air tight and in a cool place. A great variety of bonbons and chocolates can be made from it by using different flavorings, nuts and fruits, and also makes a delicious icing for small and large cakes. White grapes and strawberries with the hulls on dipped in the fondant makes a delicious bonbon.

To Make Mints.—When the fondant is rather a thin cream, flavor with mint, drop on buttered slab or rice paper from a teaspoon.

VEGETABLE COLORING.

The vegetable colorings are perfectly harmless; use only a small quantity, as a little will color a large amount of fondant.

TO MAKE FONDANT.

2 cups of sugar.
½ cup of water.
⅛ teaspoonful of cream of tartar.

Do not stir after it begins to boil; let it cook until it reaches the soft ball stage; the thermometer registers at that stage 236°—238°, or try a little in cold water, and if it forms a soft ball in the fingers, it is done, and must be removed at once. Let it cool until it forms a crust; if stirred while too warm it will

grain. Stir until it becomes thick and creamy. If it becomes grainy, cook again with a little cold water. Various candies can now be made by using the different flavorings, nuts and fruits. Fondant is used for creaming nuts, figs and dates.

COATING FOR CHOCOLATE.

Place equal quantities of fondant and chocolate with a few drops of vanilla, over hot water, stirring constantly until melted. Dip, place on rice paper, allow to harden. If the chocolate gets thick, add a few drops of hot water, also place the dish that holds the chocolate in warm water while dipping to keep from hardening.

GLACE ORANGES, GRAPES, NUTS, ETC.

2 cups sugar.
½ cup water.

Boil together without stirring, until the thermometer registers 340°, or until the syrup crackles and breaks when a little is put in cold water. Remove from the fire, drop the pieces into the syrup one at a time with a candy wire, or two forks, place on an oiled slab or rice paper to dry.

To glacé oranges, divide the sections carefully, allow them to dry several hours before dipping. To glacé grapes, wipe the grapes dry and leave the little stem on to prevent them from getting moist.

CHOCOLATE FUDGE.

2 cups fine granulated sugar.
½ cup cream.
2 squares of Baker's chocolate or 2 tablespoonfuls of cocoa.
2 tablespoonfuls of butter.
Speck of salt.

Stir until the ingredients are melted, but not after it begins to boil. Cook until it forms the soft-ball stage when tried in cold water. Remove from the fire. When cool, stir until thick and creamy, pour into a pan and when cold cut in squares. One-half cup of chopped nuts can be added just before taking from the fire.

MAPLE FUDGE.

2 cups thick maple syrup.
½ cup of cream.
2 tablespoonfuls butter.
Speck of salt.

Make the same as chocolate fudge. If the syrup is not very thick, cook down before putting in the other ingredients.

PANOCHA.

2 cups brown sugar.
½ cup cream.
2 tablespoonfuls butter.
Speck salt.
½ cup chopped walnuts.

Make the same as fudge, add the nuts just before removing from the fire.

OPERA CARAMELS.

3 cups fine white sugar.
1 cup of cream.
¼ teaspoonful of cream of tartar (scant).

Boil together until it reaches the soft-ball stage. When cool, flavor, add one-half cup of any chopped nuts, or fruits, or a mixture of both. Stir to a thick cream, then turn into a buttered dish to the depth of half an inch. When cold cut in little squares.

CHOCOLATE CARAMELS.

½ cup white sugar.
½ cup brown sugar.
½ cup molasses.
2 squares Baker's chocolate.
¾ cup of cream or milk.

If milk is used, add two tablespoonfuls of butter. Stir the mixture constantly while cooking. When it snaps and cracks tried in cold water, remove from the fire, pour in buttered pans, add chopped nuts before removing from the fire if desired.

BUTTER SCOTCH.

2 cups sugar.
½ cup cream.
¼ cup butter.

Cook all together until it snaps when tried in cold water. Pour in buttered pans, cut in little squares before quite cold.

PEANUT CANDY.

Fill a tin one-half inch deep with the nuts. Cook sugar with a little water until it crackles when tried in cold water, pour over the nuts.

VINEGAR CANDY.

2 cups sugar.
½ cup water.
3 tablespoonfuls vinegar.
4 tablespoonfuls butter.

Cook all together until it hardens when tried in cold water. Pour in a buttered pan. When cool enough to handle pull until it is white and creamy looking, cut in squares or sticks.

MOLASSES CANDY.

2 cups molasses.
1 cup of white or brown sugar.
¼ cup of butter.

Cook until it hardens when tried in cold water. Pour in buttered pans. When cool enough to handle pull till light colored. Cut in sticks. One cup of chopped nuts may be added just as you take it from the stove.

BEVERAGES.

To make good, bright-tasting tea and coffee, the water should be freshly boiled. Water that has been boiled for some time loses its life and gives a dull taste to drinks. Before making tea or coffee, scald the pot.

TEA.

Put the tea in a strainer and wash with cold water, then put in the scalded pot and pour on the freshly boiled water, let remain on the back of the stove for five minutes, then pour the tea from the leaves into a hot pot and serve, often the tea is left to remain on the leaves, it then soon becomes bitter. The proportion used depends upon the strength required, and the kind of tea used. Tea is considered by some to be better if made very strong and diluted with boiling water. When a quantity of tea is to be made, as for a reception, tie the tea in muslin bags, put the bag in the boiling water, let remain for five minutes, then remove.

Tea Ball.—The boiling water is poured from the samovar into the cup, the ball is placed in the cup, removed when the right color is attained.

Russian Tea.—Is made by adding sugar and a thin slice of lemon to each cup.

Tea Punch.—Is made by first soaking the sugar in rum or brandy and adding the lemon.

Iced Tea.—Make the tea several hours before using. When cool, put on ice. If not cold enough when wishing to serve, put cracked ice in each glass, one tablespoonful lemon juice, sugar to taste, added when hot.

COFFEE.

To Make Coffee.

Oftentimes the coffee leaves its flavor in the kitchen by too long a cooking. There are now many reliable coffee cookers that can be used on the table. Coffee made in this way is preferable, as it is served as soon as made. The coffee pot should be kept scrupulously clean and aired. Great care should be taken to have the spout free from grains. Coffee will go much farther if finely ground, and should always be freshly made.

BOILED COFFEE.

The white of one egg is sufficient to clear one cup of ground coffee. Use one level tablespoonful of coffee for every cup. Mix the coffee in a bowl with the white of egg and a very little cold water (one-fourth cup to a cup of ground coffee), put into the scalded pot and pour on the boiling water; let boil three minutes. Remove to the back of the stove, add two tablespoonfuls of cold water, let settle for ten minutes, pour the coffee from the grounds and send to the table. If stronger coffee is required, increase the proportion of coffee.

DRIP COFFEE.

Use one rounding tablespoonful of coffee to a cup, put the coffee in a flannel bag, lay on the strainer and pour the boiling water over it. Have the pot hot to begin with and stand in a pan of hot water while dripping.

BREAKFAST COFFEE (Mrs. T. L. Watson).

This is to be mixed the night before. Mix six tablespoonfuls of coffee with the white of an egg (or smaller quantity if you like). Put into a small covered earthen dish, pour over it two cups of cold water, cover tightly, a preserve jar would do, and the next morning put into the coffee pot, pour the boiling water over it, using a cup to every tablespoonful, let it boil up just once, pour into it half a cup of cold water, let settle a few minutes before serving. This can be made for after-dinner coffee by preparing in the morning.

TURKISH COFFEE.

Have the coffee very finely ground, using a tablespoonful to a cup, put in a pot, add cold water. When it touches the boiling point it is ready to serve. The Turk does not use cream or sugar.

BLACK COFFEE.

Is made by any of the above receipts, using about double the proportion of coffee.

ICED COFFEE.

Iced coffee is served in glasses. Add cream and sugar to the coffee and chill on the ice several hours before serving.

CHOCOLATE.

Scald two cups of milk in double boiler, then add to it one square of Baker's chocolate that has been broken up in pieces, two tablespoonfuls of sugar and a pinch of salt. When the chocolate has dissolved, add a few drops of vanilla if you like. Beat with a Dover egg beater for a few minutes and serve at once. Put a teaspoonful of whipped cream in the cup before pouring in the chocolate.

MAILLARD'S CHOCOLATE.

For each cup of chocolate use one cupful of milk and one bar of chocolate. Put the milk in a sauce pan, porcelain-lined, break the chocolate in small pieces, add to the milk, stir constantly with a wooden spoon until the chocolate is dissolved, and the milk has boiled up once. Add more hot milk if too rich. Beat vigorously. Serve at once.

COCOA.

Dissolve one tablespoonful of cocoa in two of water. Add to two cups of boiling milk, let boil up once. Sweeten to taste, beat well and serve.

SHELLS.

Steep one cup of shells in one quart of boiling water three hours, adding more water as it boils away. Stain, serve with cream and sugar.

LEMONADE.

Allow the juice of two lemons to three glasses of lemonade. Sweeten with sugar, or better still, sugar syrup. Add the water and cracked ice, put a thin slice of lemon in each glass.

ORANGEADE.

To the juice of two oranges add the juice of a half of a lemon. Sweeten, add water and ice, half a thin slice of orange for each glass.

EGG LEMONADE.

Beat an egg thoroughly, beat in four tablespoonfuls of sugar and the juice of two lemons, three cups of water, two tablespoonfuls of maraschino, if liked, ice and serve.

SUMMER DRINK.

4 quarts of lemonade. 1 pint of pineapple juice. 1 pint of strawberry or raspberry juice.	A few thin slices of lemon and a few of the berries.

FRUIT PUNCH.

Boil a grated pineapple, four cups of sugar and four cups of water twenty minutes, add one cup of strong tea, then strain. When cold, add the juice of five lemons, six oranges, one pint of strawberry, raspberry or grape juice, half a pint of maraschino cherries, six quarts of water and a big piece of ice. When ready to serve, a bottle of apollinaris water, or ginger ale, mint leaves, pieces of pineapple or berries can also be used, with or without the cherries.

COBBLERS.

Cobblers are made by filling a glass with cracked ice, adding any kind of wine, and a little water if desired. Sweeten with sugar syrup, add a strawberry, raspberry, bit of pineapple, slice of orange, maraschino cherry, or any fruit you happen to have.

CLARET CUP.

1 pint of claret.
1 pint of soda water.
Juice of 1 lemon and orange.
1 glass of curacao.
Slice of cucumber.
Sweeten with sugar syrup.
Bunch of mint.
Have it well iced.

CHAMPAGNE CUP.

1 quart of champagne.
1 glass of sherry.
1 glass white curacao.
Juice of one orange and lemon.
1 pint of apollinaris.
Slice of cucumber.
Bunch of mint.
Large piece of ice.

GINGER ALE PUNCH.

Juice of six lemons and six oranges, two quart bottles of ginger ale, one pint of champagne, sweeten with sugar syrup, a large piece of ice and thin slices of lemon and orange.

SAUTERNE PUNCH.

The juice of six oranges and lemons, two quarts of sauterne, one pint of sherry, one cup of curacao, one pint of soda water, sweeten with sugar syrup, add a few pieces of any kind of fruits and a large piece of ice.

EGG-NOG.

Beat the yolk of one egg and one teaspoonful of sugar until very light and thick, beat the white to a stiff foam, mix together, turn into a glass, add a teaspoonful of rum or brandy, or both may be used, stir or shake all together, add a little grated nutmeg. Whipped cream may be used instead of the milk. Add more sugar and rum if desired.

MILK PUNCH.

Add to a glass of milk a tablespoonful of sherry, rum or brandy, sweeten to taste, shake, or mix well, put a little nutmeg on top.

GRAPE JUICE.

Add one quart of water to four quarts of grapes that have been washed and removed from the stems. Let them come slowly to the boiling point and set on the stove for fifteen minutes, then strain through a thick cloth, return the liquid to the fire, let it come to the boiling point, turn into glass jars and seal.

RASPBERRY VINEGAR.

Turn over four quarts of ripe raspberries one quart of vinegar. Let remain for twenty-four hours, then strain through a cheese cloth, turn the liquor over four quarts more of fresh raspberries; let stand for twenty-four hours; again strain out the juice, and to each two cups of juice add two cups of sugar. Boil for twenty minutes, turn into bottles, cork when cold. When used, dilute, using three parts of water.

INVALID COOKERY.

Nothing but the best of cooking should be served to the sick.

First.—The greatest care should be taken in selecting the best materials.

Second.—The greatest care should be taken in cooking them.

Third.—The food should be served on the daintiest of china and glass, and the freshest of linen.

Fourth.—Those whose profession it is to care for the sick are not competent to cook for them until they have had thorough instruction in the art by a professional teacher. Cooking should be an important adjunct of nurse training. A very great deal depends upon the patient being properly nourished during convalescence, and if the food is not well cooked it cannot easily be digested, the materials are spoiled, and the result of nourishing the patient is not obtained. Cooking eggs in various ways, broiling (see broiled steak), bread making, soups, fancy dishes and ices are found in the book.

TO MAKE TOAST.

Select bread that is fully twelve hours old (if newer bread has to be used, cut in thin slices and set in the oven to dry out the moisture before toasting; if moist bread is used to toast, the inside will be soft and indigestible), cut in thin slices, cut off the crust

unless preferred on, toast slowly a delicate brown on both sides, butter while warm, and *serve only while it is fresh.*

CREAM FOR CREAM TOAST.

Scald one cup of milk in the double boiler; melt in a sauce pan two tablespoonfuls of butter; when melted stir into it two tablespoonfuls of sifted flour (level), pour onto it a little of the hot milk, stirring until smooth, then the rest of the milk; turn all back in the double boiler and cook ten minutes. This way the flour is thoroughly cooked, and if well stirred can not be lumpy.

TO MAKE TEA.

Use only freshly boiled water. Scald the teapot. Put the dry tea into a strainer and let the cold water run through to wash out the dust. Put the tea in the teapot, pour the boiling water over it; set on the back of the stove to steep five minutes. Pour the tea from the grounds into a hot pot and serve at once. The amount of tea to be used depends upon the strength required.

COCOA.

Heat two cups of milk in the double boiler; when scalded add two tablespoonfuls of cocoa, one of sugar and a few grains of salt. Dissolve the cocoa, sugar and salt in a little boiling water, stir into the hot milk, cook for fifteen minutes, beat with the Dover beater for a minute and serve at once.

TO COOK AN EGG IN THE SHELL.

If the egg is to be served soft in the shell (the white cooked and the yolk soft), place the egg in a sauce pan, cover with water that has come to the boil, set on the back of the stove for ten minutes (where it won't boil), or cover the egg with cold water, place on the front of the stove and allow it to just reach the boiling point; remove from the water at once. Eggs cooked in this way are easily digested; the white is of a jelly-like consistency, not hard and horny as when boiled. To cook the egg hard, let remain in the water longer.

TO COOK CEREALS.

Cereals should be thoroughly cooked. It is best to use a double boiler, as cereals being starchy will easily stick on. Put the cereal in the double boiler, with a little salt, a half teaspoonful to a cup of the dry cereal, cover with boiling water and cook fast on the top of the stove for five minutes, stirring a little to prevent sticking; then place in the boiler and cook for a half hour, anyway. Some cereals require longer cooking. Now many of them go through a steaming process before being put on the market, so that the five minutes of hard boiling and the half hour cooking in the double boiler is all that is required. The cooking of rice and all kinds of cereals are given in the book.

TO COOK CORN STARCH OR TAPIOCA.

Heat the milk in double boiler; when scalded add the corn starch that has been mixed smooth the thickness of cream with a little cold milk and a little salt.

Stir into the hot milk and cook for twenty minutes before sugar or eggs are added. Various ways for cooking corn starch and tapioca are given in the book. Wash the tapioca and add to the hot milk, stirring frequently.

CORN STARCH GRUEL.

Scald two cups of milk in a double boiler; mix a tablespoonful of corn starch with a little cold milk and an eighth of a teaspoonful of salt; stir into the hot milk and cook for twenty minutes, stirring frequently. If too thick, add a little hot milk. Flavor with a little sugar and nutmeg, or lemon or orange juice.

Make *Arrowroot Gruel* the same as corn starch.

MILK PORRIDGE.

1 cup of milk	1 dozen raisins, quartered.
1 tablespoonful of flour.	⅛ teaspoonful of salt.

Scald the milk in double boiler, rub the flour to thin paste with a little cold milk, add to the hot milk with the salt, stir till smooth; cook twenty minutes. The raisins should be washed in cold water, quartered and boiled for ten minutes, letting the water boil out, then add to the milk after the flour has been put in. Flavor with a little sugar and nutmeg.

CRACKER GRUEL.

Brown fresh crackers in the oven until a light brown is reached. Roll very fine; use two tablespoonfuls of the powdered cracker, one-half cup boiling water and one-half cup hot milk, speck of salt; stir

the cracker crumbs in the milk and water, add salt, let boil for *one* minute. A little sugar and flavoring may be added.

CORN MEAL GRUEL.

2 tablespoonfuls of corn meal.
1 tablespoonful of flour.
½ teaspoonful of salt.
2 cups of milk or water.

If milk is used, heat in double boiler to prevent burning. Mix the meal, flour and salt to a smooth paste with a little cold water, pour onto it the milk or boiling water, a little at a time, stirring rapidly. When smooth the liquid can be added more rapidly. Let cook for thirty minutes. It can be thinned with hot milk and flavored with a little sugar, nutmeg or lemon.

OATMEAL GRUEL.

2 cups boiling water.
2 tablespoonfuls oatmeal.
¼ teaspoonful salt.

Boil all together for one hour; add more boiling water if necessary, strain. Serve with hot milk or cream.

RICE WATER.

1 tablespoonful of rice.
1 quart of cold water.
¼ teaspoonful of salt.

Put the well-washed rice and salt in the cold water; let cook for one hour, or until it is soft. A little cream, sugar and flavoring may be added.

BARLEY WATER (Mrs. Lincoln).

1 tablespoonful pearl barley.
3 blocks of sugar.
½ lemon.
1 quart boiling water.

Wash the barley in cold water; put barley, sugar and lemon into the boiling water; let it stand covered on the back of the stove for three hours, then strain it and serve. Currant jelly or orange juice may be used instead of the lemon. This is a valuable demulcent for colds and affections of the chest.

TOAST OR CRACKER WATER.

Toast in the oven bread crumbs or crackers very brown, but do not burn. To a cup of crumbs or crackers add one cup of cold water; let stand for one hour, then strain; add cream and sugar to taste.

SLIPPERY ELM TEA.

Pour one cup of boiling water over one teaspoonful of the powdered slippery elm, or a little of the bark. When cool, strain, flavor with lemon juice and sugar. Serve cold.

BEEF TEA.

Remove the fat from one pound of *round* steak, cut in small pieces, put in a glass jar, add one cup of cold water; set the jar in cold water, after being closely covered; heat very slowly, taking fully an hour or more, or till the meat is white; strain, pressing the meat to obtain all the juice; season with salt.

BEEF JUICE.

Remove the fat from a slice of the round of beef, wipe with a cloth that has been dipped in warm water. Broil for a few seconds to start the juice.

Cut the meat in small pieces, press through a meat press. Pour boiling water through the press just before using it. Season with salt.

LAMB BROTH.

Cut lean, juicy meat in inch pieces, cover with cold water; let stand for half an hour, then put on the stove and heat gradually. Cook slowly after it begins for a half hour. Salt, peppercorns and a small onion may be added when it is put on the stove. Strain, season if more is needed, add a little well-cooked rice. The fat should be all skimmed off before serving. Do not skim until the broth is strained.

CHICKEN BROTH.

The best flavor and most nourishment is obtained from an old chicken. Cut apart the joints, remove all the fat that is possible. Cover the chicken with cold water, let stand for a half hour, then put on the stove where it will heat slowly. Simmer till the meat is cooked from the bones; add salt, peppercorns and a small onion when put on the stove. Strain before serving. Remove the fat and add a little well-cooked rice.

ACID DRINKS.

Pour boiling water onto any kind of acid berries; when cold, serve, or dissolve acid jelly in cold water. Barberry and currant are especially good.

TAMARINDS WATER.

Boil one-half cup of tamarinds in three pints of boiling water for one hour; cool; sweeten a little if cared for.

LEMONADE.

Juice of a small lemon, cutting off a thin slice to put in the glass; one glass of ice water, one tablespoonful of sugar, or, much better, a little sugar syrup.

ORANGEADE.

Make the same as lemonade, using the juice of half a lemon and half an orange.

FLAXSEED LEMONADE (Mrs. Lincoln).

Pour one quart of boiling water over four tablespoonfuls of whole flaxseed and steep three hours; strain, add the juice of two lemons, sweeten to taste; add a little more water if the liquid seems thick. This is soothing to colds.

ALBUMENIZED WATER.

Beat the white of one egg slightly; mix with a glass of cold water; flavor with brandy, wine, lemon or orange juice, as directed.

ALBUMENIZED MILK.

Shake the white of an egg and a glass of milk in a jar or shaker until they are mixed thoroughly; sweeten, and flavor to taste.

MUSTARD POULTICE.

Use one-fourth as much corn meal as mustard; mix to a consistency to spread with warm water.

FLAXSEED POULTICE.

Mix the ground flaxseed with hot water.

GENERAL INDEX.

BREADS.

	Page		Page
Milk Bread	5	Bread Sticks	7
Milk Bread (with Sponge)	5	Cinnamon Rolls	8
Water Bread	6	Bunns	8
Cheese Bread	6	Squash Bread	9
Walnut Bread	6	Corn Meal Bread	9
Whole Wheat Bread	6	French Rolls	9
Graham Bread	6	Beaten Biscuit	10
Rye Bread	7	German Coffee Cake	10
Rolled Oats Bread	7	Rusks	11
Parker House Rolls	7	Zwieback	11

BREADS WITH BAKING POWDER

Baking Powder Biscuit	12	Corn Cake (Mrs. Lincoln)	16
Entire Wheat Biscuit	12	Corn Meal Mush	17
Cream Scones	12	Parker House Corn Meal Gems	17
Short Cake	13	Spoon Bread	17
Cream Muffins	13	Boston Brown Bread	18
English Muffins	13	Sour Milk Brown Bread (Mrs. Lincoln)	18
Rice Muffins	14	Griddle Cakes	18
Muffins	14	Corn Meal Griddle Cakes	18
Rye Muffins	14	Entire Wheat Griddle Cakes	19
Entire Wheat Muffins	14	Flannel Cakes	19
Graham Muffins	15	Rice Griddle Cakes	19
Pop-Overs	15	Pancakes	19
Date Gems	15	Waffles	19
Sally Lunns	15	Lemon Syrup (Serve with Waffles)	20
Corn Cake	16		
Spider Corn Cake (Miss Parloa)	16		

CEREALS.

To Boil Rice	21	Steamed Rice	21

SOUPS.

General Rules for Soup Stock	22	White Soup	26
Caramel for Coloring Soups and Gravies	23	Consommé	26
To Clear Soup Stock	23	Julienne Soup	26
Garnishes for Soups	23	Macaroni or Vermicelli Soup	26
Croutons	23	Julienne Soup	26
Egg Balls	23	Bouilion	26
Marrow Balls	24	Tomato Soup	27
Noodles	24	Vegetable Soup	27
Macaroni, Spaghetti and Vermicelli	24	Mock Turtle Soup	27
Royal Custard to Serve with Consommé	24	Ox-Tail Soup	28
Force Meat Balls	25	Mullagatawny Soup	29
Brown Soup Stock	25	Black Bean Soup	29
White Stock	25	Clam Bouillon	29
		Scotch Broth	30
		Mutton Broth	30
		Chicken Broth	30

CREAM SOUPS.

	Page		Page
Oyster Soup	31	Peanut Soup	35
Potato Soup	31	Almond Soup	35
Mock Bisque Soup	32	Mushroom Soup	35
Split Pea Soup	32	Mushroom Stock Soup	36
Green Pea Soup	32	Bermuda Soup	36
Green Corn Soup	33	Spinach Soup	36
Cream of Corn Soup	33	Cream of Cauliflower Soup	37
Clam Chowder	33	Cream of Stock Soup	37
Cream of Clam Soup	34	Summer Soups	38
Asparagus Soup	34		

FRUIT SOUPS.

Strawberry Soup	38	Plum, Cherry, Pineapple and Peach Soup	39
Raspberry, Currant and Gooseberry Soup	38	Orange Soup	39

FISH.

To Skin and Boil a Fish	40	Fish Timbale	44
To Boil Fish	40	Planked Shad and Potato Roses	44
To Broil Fish	41	Casserole of Fish	45
To Bake Fish	41	Creamed Fish Served in Mashed Potato Case	45
Stuffing for Fish	41	Cream Salt Fish	45
To Bake a Whole Fish	42	Salt Fish Balls	45
To Cook Smelts	42	Salmon Fish Balls	46
Fillets Baked with Tomatoes	42	Petite Fish Balls	46
Stuffed Fillets or Sliced Fish	43		
Boiled Salmon	43		
Salmon Cutlets	43		

SHELL FISH.

Oysters Raw	47	Oysters in Batter	50
Oysters Cooked in the Shell	47	Clams	50
Oysters Served in Ice	47	Roasted Clams	51
Fried Oysters	48	Steamed Clams	51
Broiled Oysters	48	Clams in Batter	51
Oyster Cocktail	49	Scallops	51
Panned Oysters	49	Crabs	51
Creamed Oysters	49	Soft Shell Crabs	52
Oysters in Shells or Ramquin Dishes	49	Boiled Crabs	52
Scalloped Oysters	50	Deviled Crabs	52
Pigs in Blanket	50	Fried Frog Legs	52
		Deviled Shrimp	52

LOBSTERS.

To Boil a Lobster	53	Sauté Lobster	54
To Open a Lobster	53	Creamed Lobster	54
To Broil a Live Lobster	54	Deviled Lobster	54
Plain Lobster	54	Lobster a la Newburg	55

MEATS.

To Roast Beef	56	Pressed Corn Beef	62
Gravy for Roast Beef	57	Corn Beef Hash	62
Yorkshire Pudding	57	Vegetable Hash	62
Fillet of Beef	57	Spiced Beef	62
Braised Beef or Pot Roast	58	Broiled Beefsteak	63
Beef a la Mode	58	Spanish Steak	63
Beef Stew with Dumplings	59	Broiled Fillet of Beef	63
Dumplings	60	Hamburg Steak	64
Meat Pie	60	Beef Tongue	64
Warmed-Over Beef	60	Smoked Tongue	64
Rolled Stuffed Flank	60	Frest Tongue	64
Boiled Dinner	61	Tongue in Jelly	65

PORK.

	Page		Page
Roast Pig	66	Fried Ham	67
Roast Pork	66	Boiled Ham	67
Pork Chops	66	Baked Ham	68
Bacon	67	Sausages (Mrs. Lincoln)	68
Fried Apples	67	To Try Out Lard	68
Broiled Ham and Eggs	67	Boston Baked Pork & Beans	69

MUTTON AND LAMB.

Roast Leg of Mutton	70	Curry of Mutton	72
Roast Loin of Mutton	70	Mutton and Lamb Chops	72
Crown Roast	70	French Chops	73
Roast Saddle of Mutton	71	Chops in Paper Cases	73
Roast Leg of Mutton Stuffed	71	Roast Spring Lamb	73
Boiled Leg of Mutton	71	Boiled Lamb Tongues	73
Ragout of Mutton	72		

VEAL.

Roast Veal	74	Calf's Head with Brain Sauce	78
Stuffed Shoulder of Veal	74	Sweetbreads	78
Stuffing	74	To Prepare Sweetbreads	78
Veal Cutlets	75	Fried Sweetbreads	79
Veal Cutlets with Cream	75	Larded Sweetbreads	79
Veal Stew	75	Creamed Sweetbreads	79
Veal Loaf	76	Sweetbreads Served in Ramquins or Shells	79
Scalloped Veal	76	Tripe	79
Braised Calf's Liver	77	Broiled Tripe	80
Broiled Liver	77	Tripe in Batter	80
Calf's Heart Roasted	77		

POULTRY.

Poultry and Game	81	Chicken Stew with Dumplings	87
To Clean and Truss Poultry	81	Chicken Curry	87
To Stuff and Truss a Fowl for Roasting	82	Spanish Chicken	88
Stuffing for Roast Turkey or Chicken	83	Chicken Julienne	88
Giblet Sauce	83	Chicken Fritters	89
To Dress Fowls or Birds for Broiling	83	Stuffed Chicken or Turkey Legs	89
To Bone a Bird, Fowl or Turkey	83	Chicken a la Maryland	89
Forcemeat for Stuffing Boned Fowls	84	Chicken Soufflé	90
To Boil Fowl	85	Planquette of Chicken	90
Braised Chicken	85	Chicken a la Bechamel	91
Broiled Spring Chicken	86	Chicken Pie	91
To Broil a Turkey	86	Chopped Puff Paste for Chicken Pie	92
Panned Chicken	86	Roast Goose	92
Fricassee Chicken	87	Potato Stuffing	93
		Roast Tame Duck	93
		Oyster Stuffing	93
		Chestnut Stuffing	93

GAME.

Canvasback and Redhead Ducks	95	Woodcock Roasted	97
Salmi of Duck or Game	95	Venison Roasted	98
Larded Grouse	96	Venison Steak	98
Potted Pigeons	96	Roasted Partridge	98
Roast Pigeons or Squabs	96	Stewed Pigeons	98
Quails Broiled	97	Pigeons in Casserole	99
Quails Roasted	97	Hot Pigeon Pie	99

ENTREES.

	Page
Croquettes	100
Chicken Croquettes	100
Sauce for Croquette Mixture	101
To Prepare the Egg and Crumbs for Croquettes	101
To Mould Croquettes	102
To Fry Croquettes	102
Sweetbread Croquettes	102
Mushroom Croquettes	103
Nut Croquettes	103
Egg Croquettes	103
Cheese Croquettes	103
Hominy or Rice Croquettes	104
Corn Meal Mush	104
Macaroni and Spaghetti Croquettes	104
Oyster Croquettes	104
Shad Roe Croquettes	105
Lobster Cutlets	105
Salmon Cutlets	105
Clam Croquettes	106
Sweet and White Potato Croquettes	106
Potatoes in Surprise	106
Celery Croquettes	106
To Prepare Mushrooms	107
Sauté Mushrooms	107
Creamed Mushrooms	107
Mushrooms a la Poulette	108
Broiled Mushrooms	108
To Prepare Calf's Brains	108
Chicken a la Duxelle	108
Pressed Chicken	109
Scalloped Chicken or Turkey	109
Chicken Timbale	109
Macaroni Timbale	110
Honeycomb Timbale	110
Macaroni and Cheese Timbale	111
Turban of Macaroni and Ham	111
Ham Timbales	111
Boudans	112
Aspic Jelly	112
To Mould in Aspic Jelly	113
To Unmold Jelly	113
Chicken Chartreuse	114
Chicken Terrapin	114
Mock Terrapin	114
Chicken, Pigeons or Game of Any Kind in Casserole	115
Chicken Livers	115
Salmi of Duck or Game	115
Meat Pie	116
Meat Pie (No. 2)	116
Beef Loaf	116
Spanish Rice	117
Ragout of Mutton or Lamb	117
Liver Loaf	118
To Broil Venison Steak	118
Sweetbreads a la Touraine	118
Ham Puffs	119
Terrapin	119
To Prepare Terrapin	119
Stewed Terrapin	120
Terrapin a la Newburg	120
Cocktail of Little Neck Clams and Oysters	120
Baked Bananas	121
Sultana Sauce	121

FRITTERS.

	Page
Fritter Batter	122
Oyster Fritters	122
Peach Fritters	122
Clam Fritters	122
Banana Fritters	122
Orange Fritters	123
Apple Fritters	123
Vegetable Fritters	123
Queen Fritters	123
Sauce for Fritters	123
Batter for Timbale Cases or Fontage Cups	123
Bread Boxes	124

VEGETABLES.

	Page
To Boil Potatoes	125
Old Potatoes	126
New Potatoes	126
Mashed Potatoes	126
Riced Potatoes	126
Potato Cakes	127
Potato Roses	127
Potato Soufflé	127
Creamed Potatoes	127
Scalloped Potatoes	128
Delmonico Potatoes	128
Potatoes a la Bechamel	128
Viennese Potatoes	128
Mashed Potatoes Milanese	129
Potato Balls	129
Fried Potato Balls and Straws	129
French Fried Potatoes	130
Potato Nests	130
Waldorf Potatoes	130
Potato Chips	130
Hashed Brown Potatoes	131
Fried Potatoes	131
Franconia Potatoes	131
Lyonnaise Potatoes	131
Broiled Potatoes	131

	Page
Baked Sweet and White Potatoes	132
Stuffed Potatoes	132
Stuffed Potatoes (No. 2)	132
Sweet Potatoes, Southern Style	132
Greens	133
Spinach	133
Spinach Soufflé	133
Spinach Timbale	134
Cabbage	134
Cabbage Baked with Cheese	134
Routh Krouth	134
Cauliflower	135
Cauliflower Italian	135
Brussels Sprouts	135
Asparagus	135
Asparagus Loaf	136
Artichokes	136
Egg Plant	136
Stuffed Egg Plant	136
Salsify or Oyster Plant	137
Raw Tomatoes	137
Stewed Tomatoes	137
Scalloped Tomatoes	137
Stuffed Tomatoes	138
Tomatoes Stuffed with Cheese	139
Curried Tomatoes	139
Tomatoes with Celery Sauce	139
To Prepare Peppers for Stuffing	139
Peppers Stuffed with Oysters	140
Peppers Stuffed with Sweetbreads	140
Broiled Tomatoes	140
Baked Tomatoes	140
Chestnut Puree	141
Boiled Onions	141
Roasted Onions	141
Fried Onions	142
Scalloped Onions	142
Stuffed Spanish Onions	142
Carrots	142
Turnips	142
Stuffed Turnips	143
Parsnips	143
Fried Parsnips	143
Beets	143
Corn on the Ear	143
Succotash	144
Green Peas	144
String Beans	144
Shelled Beans	144
Dried Lima Beans	145
Celery	145
Creamed Celery	145
Boiled Celery	145
Winter Squash	145
Baked Squash	145
Summer Squash	146
Corn Mock Oysters	146
Sweet Corn in Cream with Cheese	146
Macaroni, Spaghetti and Vermicelli	146
To Cook Macaroni	147
Baked Macaroni with Cheese	147
Macaroni with Tomato or Other Sauces	147
Macaroni and Eggs	148
Florentine Macaroni	148
Spaghetti	148

SAUCES.

Drawn Butter Sauce	149
Caper Sauce	150
White or Cream Sauce	150
Shrimp Sauce	150
Egg Sauce	150
Lobster Sauce	150
Oyster Sauce	151
Celery Sauce	151
Mushroom Sauce	151
Mushroom Sauce (Canned Mushrooms)	151
Sauce Piquante	152
Allemande Sauce	152
Bechamel Sauce	152
Poulette Sauce	152
Curry Sauce	153
Bread Sauce (for Game)	153
Hollandaise Sauce	153
Horseradish Sauce (for Fish and Veal)	153
Cucumber Sauce (for Fish)	154
Mint Sauce (for Lamb)	154
Mustard Sauce (Corn Beef or Fish)	154
Horseradish Sauce	154
Champagne Sauce (for Ham)	154
Maitre d' Hotel Sauce (Broiled Fish and Steak)	155
Espagnole Sauce	155
Brown Sauce	155
Brown Mushroom Sauce	156
Sauce Polnade	156
Brown Sauce Piquante	156
Robert Sauce	156
Currant Jelly Sauce (for Mutton and Game)	156
Olive Sauce (for Roast Duck)	156
Flemish Sauce	157
Spanish Sauce	157
Tomato Sauce (No. 1)	157
Tomato Sauce (No. 2)	157
Chestnut Sauce (for Roast Turkey)	158
Port Wine Sauce (for Venison)	158
Giblet Sauce (Roast Poultry)	158
Cranberry Sauce	158
Apple Sauce (Roast Pork)	159
Cheese Sauce	159

PUDDINGS AND ICE CREAM SAUCES.

Page

Plain Hot Pudding Sauce....160
Brown Sugar Sauce....160
Molasses Sauce (good with Apple and Rice Puddings).160
Caramel Sauce 161
Hot Fruit Sauce....161
Creamy Sauce 161
Egg Sauce 161
Foamy Sauce 162
Hard Sauce 162
Sabayon Sauce 162
Wine Sauce 162
Wine Sauce (No. 2)....163
Brandy Sauce 163
Lemon Sauce 163
Pineapple Sauce 163
Richelieu Sauce (for Hot Puddings) 163
Golden Sauce 164
Orange Sauce 164
Syrup Sauces 164
Maple Pudding Sauce....164
Chocolate Sauce 165
Maple Sugar Sauce (for Ice Cream) 165
Coffee Sauce 165

CHEESE DISHES.

Cottage Cheese 166
Cheese Soufflé 166
Cheese Crackers 166
Cheese Water Crackers....166
Welsh Rarebit (No. 1)....167
Welsh Rarebit (No. 2)....167
Cheese Timbales 167
Frozen Cheese (to Serve with Salad) 168
Cheese Balls (To Serve with Salad) 168
Cheese Pudding 168

SALADS.

To Prepare the Greens....169
To Prepare Meat for Salad...169
To Marinate 170
Some Things That Can Be Served with a Salad....170
Radish Roses 170
Radish Tulips 170
French Dressing 170
Mayonnaise Dressing 171
Cooked Salad Dressing (Miss Howard) 171
Cooked Salad Dressing....172
Cooked Dressing 172
Wine Salad Dressing....172
Sour Cream Dressing....173
Tartare Sauce 173
Bearnaise Sauce 173
Lettuce and Watercress Salad 173
Celery Salad 174
Stuffed Celery Salad....174
Chicken Salad 174
Moulded Chicken Salad....175
Moulded Chicken Salad (No. 2)176
Moulded Chicken Salad (No. 3)176
Moulded Chicken Salad (No. 4)177
Moulded Chicken Salad (No. 5)177
Moulded Celery and Walnut Salad 177
Moulded Sweetbreads and Cucumber Salad 177
Moulding Salads 178
To Garnish with Curled Celery 178
To Unmould Jelly....178
Tomato Jelly 178
Some Salads to Serve in Whole Tomatoes or Peppers 179
Celery Jelly 179
To Prepare Whole Tomatoes for Salad 179
Neufchatel Salad 180
Italian Salad 180
Cucumber Salad (To Serve with Fish) 180
Cucumber Salad 180
Cucumber Salad (No. 2)....181
Cucumber and Tomato Salad.181
Cucumber and Tomato Salad (No. 2) 181
Orange Salad 181
Grape Fruit Salad....182
Russian Salad (No. 1)....182
Russian Salad (No. 2)....182
String Bean Salad....182
Asparagus Salad 183
Asparagus Salad, Garnished with Eggs 183
Pepper Salad 183
Potato Salad 183
Lobster Salad 184
Fish Salads 184
Oyster Salad 184
Waldorf Salad 184
Pineapple Salad 185
Fruit Salad Served in Canteloupe 185
Other Fruit Salads (No. 1)....185
Fruit Salad (No. 2)....185

Page

Fruit Salad (No. 3).....186
Grape Salad 186
Mandarin Salad (Good Dinner Salad) 186
Nut and Cucumber Salad.....186
Cucumber and Radish Salad..187
Chicken and Mushroom Salad187
Salmon and Cucumber Salad.187
Truffle Salad (A Good Dinner Salad) 187

Page

Egg Salad 187
Egg Salad (No. 2).....188
Egg Salad (No. 3).....188
Water Lily Salad 188
Cheese Salad 188
Bird's Nest Salad.....189
Cream Cheese Salad.....189
American Cream Cheese Salad 189
Cold Slaw 189

EGGS.

Eggs Cooked in the Shell (No. 1) 191
Eggs Cooked in the Shell (No. 2) 191
Eggs Cooked in the Shell (No. 3) 191
Poached Eggs 191
Poached Eggs (No. 2).....192
Poached Eggs (No. 3).....192
Fried Eggs 192
Scrambled Eggs 192
Shirred Eggs 193
Eggs Cocotte 193
Omelets 193
Omelet (No. 1).....194
Omelet (No. 2).....194
Cheese Omelet 194
Rum Omelet 195
Herb Omelet 195
Ham Omelet 195
Pea Omelet 195
Tomato Omelet 195
Jelly Omelet 195
Orange Omelet 196
Pineapple Omelet 196
Eggs Cooked in Whole Tomatoes 196
Eggs in Green Peppers.....197
Eggs en Coquille.....197
Poached Eggs a la Hollandaise 197
Poached Eggs with Celery Sauce 198
Egg Balls to Serve in Soup...198
Egg Timbales 198
Curried Eggs 198
Curried Eggs (No. 2).....199
Stuffed Eggs (No. 1).....199
Stuffed Eggs (No. 2).....199
Eggs with Cheese.....200
Japanese Eggs 200

SANDWICHES.

Lettuce Sandwiches 202
Watercress Sandwiches 202
Spanish Sandwiches 202
Meat Sandwiches 202
Automobile Sandwiches 203
Green Pepper Sandwiches.....203
Egg Sandwiches 203
Fish Sandwiches 203
Nut Sandwiches 204
Cheese Sandwiches 204
Hot Cheese Sandwiches.....204
Club House Sandwiches.....205
Hot Ham or Chicken Sandwiches 205
Sweet Sandwiches 205
Gingerbread Sandwiches 206

CANAPES.

Anchovy or Sardine Canapes.207
Ham Canapes 207
Cheese Canapes 207
Chicken Canapes 208
Prune or Fig Canapes.....208
Fruit Canapes 208
Alexandra Canapes 208
Apricot Canapes 209

PASTRY.

Plain Pastry 210
Puff Paste 211
To Bake Puff Paste.....212
To Make Pate Shells from Puff Paste 212
Tarts 213
Vol au Vent.....213
Puff Paste Strips.....213
To Glaze Pastry.....214
Cheese Straws 214
Apple Pie 214
Squash Pie 214
Pumpkin Pie 215
Custard Pie 215
Rhubarb Pie 215
Berry Pies 215

	Page
Cranberry Pie	216
Apple Tart Pie	216
Prune, Apricot or Peach Pie	216
Delicious Lemon Pie	216
Lemon Pie (with Corn Starch)	217
Cream Pie	217
Mince Meat	217
Petite Pies	218
English Apple Pie	218

HOT PUDDINGS.

	Page
Cream Rice Pudding	219
Baked Rice Pudding	219
Cream Tapioca Pudding	219
Apple and Peach Tapioca	220
Sago Pudding	220
Baked Indian Pudding	221
Whole Wheat Pudding	221
Fig Pudding	221
Thanksgiving Pudding	221
English Plum Pudding	222
Suet Pudding	222
Bread and Butter Pudding	222
Steamed Bread Pudding	223
Brown Betty	223
Cottage Pudding	223
Steamed Berry Pudding	223
Cabinet Pudding	224
Baked Pineapple Pudding	224
Steamed Orange or Pineapple Pudding	224
Quince Pudding	225
Boston Apple Pudding	225
Corn Pudding	225
Snowball Pudding	226
Nut Pudding	226
Weymouth Pudding	226
Cocoanut Pudding	227
Macaroon Pudding	227
Cracker Pudding	227
Corn Starch Pudding	227
Dutch Apple Cake	228
Apple Snowball	228
Steamed Carrot Pudding	228
Bird's Nest Pudding	229
Baked Apple Dumplings	229
Rolled Apple Dumplings	229
Steamed Apple Pudding	230
Apple Charlotte	230
Apples and Rice	230
Apple Meringue	231
Custard Soufflé	231
Chocolate Soufflé	232
Pineapple Soufflé	232
Prune Soufflé	232
Cherry Soufflé	232
Peach Soufflé	233
Lemon Soufflé	233
Rice Soufflé	233
Ginger Pudding	234
Delmonico Pudding	234
Strawberry Pudding	235
Victoria Pudding	235
Milton Pudding	235

COLD DESSERTS.

	Page
Garnishing	236
Flavoring	236
Liqueurs and Wines	236
Coloring	237
Boiled Custard	237
Chocolate Custard	237
Caramel Custard	238
Nut Custard	238
Cocoanut Custard	238
Maple Custard	238
Baked or Steamed Custard	238
Baked or Steamed Caramel Custard	238
Baked or Steamed Chocolate or Cocoanut Custard	239
Baked Cocoanut Custard	239
Floating Island	230
Apple Snow	239
Irish Moss Blanc Mange	239
Plain Bavarian Cream	240
Bavarian Cream with Eggs	240
Fruit Bavarian Cream	241
Fruit Bavarian Cream (No. 2)	241
Bavarian in the Shell	242
Bavarian en Surprise	242
Pineapple Bavarian Cream	242
Charlotte Russe	242
Petite Sponge Bavarian	243
Diplomatic Pudding	243
Fruit Cream	243
Pineapple Sponge	244
Snow Pudding	244
Lemon Jelly	244
Orange Jelly	244
Coffee Jelly	245
Wine Jelly	245
Champagne Jelly	245
Sauterne Jelly	245
Roman Jelly	246
Peach Charlotte	246
Orange and Strawberry Charlotte	246
Spanish Custard	247
Italian Jelly	247
Rice Cream	247
Rice and Almond Cream	248
Apple Charlotte Russe	248
Charlotte Snowballs	249

Page

Chocolate Bavarlose 249
Newport Whips 249
Stuffed Figs 250
Orange Sections Moulded in Jelly 250
Pineapple in the Shell.....250
Chestnut Purée with Cream..250
Chestnuts with Cream.....251
Paris de Marrons.....251
Cherry Cream 251

FROZEN DESSERTS.

Proportions of Salt and Ice...253
Mousses, Parfaits 253
To Unmould Frozen Desserts.253

PUNCHES AND SHERBETS.

Lemon Sherbet 254
Orange Sherbet 254
Pineapple Sherbet 254
Strawberry, Raspberry and Currant Sherbets 254
Cherry, Peach, Apricot and Plum Sherbets 255
Apple Sherbet 255
Boston Sherbet 255
Grape Sherbet 255
Milk Sherbet 256
Grape Bombe 256
Frappé 256
Coffee Frappé 256

PUNCHES.

Tomato Punch 257
Tea Punch 257
Grape Fruit Punch.....257
Mint Punch 257
Roman Punch 258
Champagne Punch 258
Sauterne Punch 258
Curacoa, Maraschino, Noyon Punch 258
Ginger Ale in Punches.....258

ICE CREAMS.

Vanilla Ice Cream.....259
Lemon Ice Cream.....259
Orange Ice Cream.....259
Pineapple Ice Cream.....259
Peach and Apricot Ice Cream.259
Coffee Ice Cream.....260
Walnut Ice Cream.....260
Ginger Ice Cream.....260
Almond Ice Cream.....260
Rice Ice Cream.....260
Neapolitan Ice Cream.....261
Caramel Ice Cream.....261
Macaroon Ice Cream.....261
Fresh Fruit Ice Cream.....261
Frozen Pudding or Tutti Frutti 262
Pistachio Ice Cream.....262
Plum Pudding Glacé.....262
Frozen Elliot Pudding.....262
Frozen Bananas 263
Orange Delicieuse 263
Frozen Pineapple Pudding....263
Peaches, Apricots and Grated Pineapple Frozen in the Can 264
Lalla Rookh or Frozen Egg Nog 264
Nesselrode Pudding 264
Sultana Roll and Claret Sauce 265
Maraschino, Sherry, Port and Brandy Sauces 265

SAUCES FOR ICE CREAM.

Ginger Sauce 265
Hot Chocolate Sauce for Ice Cream 266
Hot Coffee Sauce for Ice Cream 266
Hot Raspberry and Strawberry Sauce 266
Maple Sauce for Ice Cream...266
Hot Orange Sauce for Ice Cream 266

MOUSSES.

Fruit Mousses 267
Coffee, Chocolate, Curacoa or Noyon Mousses 267

PARFAITS.

	Page		Page
Angel Parfait	268	Café Parfait	269
Pineapple Parfait	268	Banana Parfait	270
Maple Parfait	268	Biscuit Glacé or Tortoni	270
Ginger Parfait	269	Macedoine Frappé	271
Parfaits of Chestnuts or Candied Fruits	269	College Ices	271
Parfaits of Tea and Orange Peel	269	Gooseberry Sorbet	271
		Chocolate Surprise	271
		Coupé de Jaque	272

CAKES.

Directions for Making Cakes	273	Marble Cake	282
Sponge Cake	274	Spice Cake	282
Roll Jelly Cake	274	Currant Cake	283
Cream Sponge Cake (No. 2)	275	Cocoanut Cake	283
Berwick Sponge Cake	275	Chocolate Cake	283
Lady Fingers	275	Loaf Chocolate Cake	283
Golden Rod Cake	275	Twelfth Night Cake	283
Angel Cake	276	Fig Cake (No. 2)	284
Marshmallow Angel Cake	276	Angel or Sponge Cake with Chestnuts	284
Cakes with Butter	276	Roosevelt Cakes	285
Spice Cake	277	Pound Cake Wafers	285
White Cake	277	Venetian Cakes	285
Gold Cake	277	Orange Quarters	286
Silver Cake	278	Almond Wafers	286
Bride's Cake	278	Peanut Cookies	286
Pound Cake	278	Honey Cakes	286
Almost Pound Cake	279	One-Two-Three-Four Cookies	287
Wedding Cake	279	Jumbles	287
Fruit Cake	279	Walnut Wafers	287
Light Fruit Cake	280	Sugar Cookies	287
One-Two-Three-Four Cake	280	Hermits	288
Lemon Cake	280	Cocoanut Cookies	288
Almond Cake	281	Margaret Deland Cakes	288
Pistachio Cake	281	Pepper Nuts	288
Nut Cake	281	Pecan Wafers	288
Fig Cake	281	Snow Ball Cakes	289
Rocky Mountain Cake	281		
Orange Cake	282		

FILLINGS FOR LAYER CAKE.

Chocolate Filling	290	Marshmallow Icing and Filling	291
Fig Filling	290	Lemon or Orange Filling	291
Cream Filling	290	Banana Filling	292
Fig Caramel Icing	291	Pineapple Filling	292
Prune Whip Filling	291	Nut Filling	292

ICINGS FOR CAKES.

Plain Icing	293	Chocolate Frosting	294
Orange Icing	293	Chocolate Frosting (No. 2)	294
Confectioners' Frosting	293	Nut Icing	295
Boiled Icing	293	Banana Icing or Filling	295
Royal Icing	294	Pink Icing	295
Yellow Frosting	294	Caramel Icing	295
Mocha Frosting	294	Maple Icing	295

GINGER BREAD, DOUGHNUTS, COOKIES & CREAM PUFFS.

Page

Soft Gingerbread 296
Sugar Gingerbread 296
Soft Ginger Cookies.....296
Hard Molasses Cookies.....297
Ginger Snaps 297
Doughnuts 297

Page

Ralsed Doughnuts 297
Cream Puffs and Eclairs.....298
Cream for Cream Puffs and Eclairs 298
Meringues or Kisses.....298

COMPOTES, PRESERVING, JELLIES AND PICKLES.

Compotes of Apples, Pears, Peaches and Apricots.....300
Baked Apples 300

Stewed Rhubarb 301
Stewed Prunes 301
Cranberry Sauce and Jelly...301

PRESERVING.

Peaches and Apricots.....302
Brandied Peaches or Apricots.302
Preserved Plums 302
Brandied Plums 302
Preserved Quinces and Pears.303
Preserved Pineapple 303
Grapes 303
Citron 303

Cherries 303
Preserved Strawberries, Raspberries, Blackberries, Gooseberries and Currants.304
Sunshine Strawberries, Raspberries, Blackberries, Gooseberries and Currants.304

CANNING.

Canning Tomatoes 304
Jams or Marmalades.....305

Orange Marmalade 305
Candied Orange Peel.....306

JELLIES.

Currant Jelly 307
Crabapple and Apple Jelly...307
Quince Jelly 307

Grape Jelly 307
Plum Jelly 307

PICKLES.

To Sweet Pickle Fruits and Berries 308
Peaches 308
Pears 308
Cucumber, Watermelon and Canteloupe 308
Pineapple 308
Currants, Grapes and All Berries 309
Pickled Walnuts 309
Apple Chutney 309

Ginger Apple 309
Uncooked Pickles 310
Pickled Cucumbers 310
Mixed Pickles 311
Mustard Pickles 311
Piccalilli or Chow Chow.....311
Chili Sauce 312
Tomato Catsup 312
Sweet Pickle Melon.....312
Confiture 313

CANDIES.

Fondant 314
To Make Mints.....314
Vegetable Coloring 314
To Make Fondant.....314
Coating for Chocolate.....315
Glace Oranges, Grapes, Nuts, Etc. 315
Chocolate Fudge 315

Maple Fudge 316
Panocha 316
Opera Caramels 316
Chocolate Caramels 317
Butter Scotch 317
Peanut Candy 317
Vinegar Candy 317
Molasses Candy 318

BEVERAGES.

	Page		Page
Tea	319	Lemonade	323
Tea Punch	320	Orangeade	323
Iced Tea	320	Egg Lemonade	323
Coffee	320	Summer Drink	323
Boiled Coffee	320	Fruit Punch	323
Drip Coffee	321	Cobblers	324
Breakfast Coffee	321	Claret Cup	324
Turkish Coffee	321	Champagne Cup	324
Black Coffee	321	Ginger Ale Punch	324
Iced Coffee	322	Sauterne Punch	324
Chocolate	322	Egg Nog	325
Maillard's Chocolate	322	Milk Punch	325
Cocoa	322	Grape Juice	325
Shells	322	Raspberry Vinegar	325

INVALID COOKERY.

To Make Toast	326	Toast or Cracker Water	331
Cream for Cream Toast	327	Slippery Elm Tea	331
To Make Tea	327	Beef Tea	331
Cocoa	327	Beef Juice	331
To Cook an Egg in the Shell	328	Lamb Broth	332
To Cook Cereals	328	Chicken Broth	332
To Cook Corn Starch or Tapioca	328	Acid Drinks	332
Corn Starch Gruel	329	Tamarinds Water	332
Milk Porridge	329	Lemonade	333
Cracker Gruel	329	Orangeade	333
Corn Meal Gruel	330	Flaxseed Lemonade	333
Oatmeal Gruel	330	Albumenized Water	333
Rice Water	330	Albumenized Milk	333
Barley Water	330	Mustard Poultice	333
		Flaxseed Poultice	333